

FLÖRIDA

NEWSLETTER

VOL. XVIII No. 1

Local Masters Swim Committee, Inc.

February 2001

Dear Florida LMSC Swim Mates,

I want to thank your team representatives who elected me as the new Florida LMSC Chairman. It is with great pleasure that I take on this position in an aim to help guide OUR program into an exciting and successful New Year and Millenium.

In the four short years that I have been back in swimming it has been a blessing to get to know many of the fine people/swimmers that comprise our organization. There is not any other sport that has such diversity of age and skill level yet still allows for an even playing field for us to enjoy our healthy physical condition.

As your new Chairman, it is my aim to perpetuate the fine accomplishments of my predecessor Larry Peck and to consider new and creative ways for the LMSC board to better serve you. Already, I have had several discussions with the officers of our Florida LMSC that have been both productive and innovative. We have tremendous talent and tireless support from the officers that serve our LMSC.

Our first meeting of the year will be held at the St. Pete meet in March. There we will discuss and

determine a Mission Statement as well as goals and objectives. For those team representatives who can attend, I urge you to consider what input that you can provide concerning these topics.

We are in for an exciting year and I look forward to doing my part in successfully guiding our LMSC. Please consider your part and how you too can assist OUR LMSC into being the best it can be!

Your 2001 LMSC Chairman,



Tom Bliss
5605 S. Tropical Trail
Merritt Island, FL 32952
TomBliss7@juno.com

Safety
Richard Avery
1111 Cherry Hills Dr.

Sun City Center, FL 33573



Top Ten
Margie Hutinger
1755 Georgia Ave. NE
St. Petersburg, FL 33703
hutswim@ij.net



Registrar
Maud Orlando
2503 Bayshore Dr.

continued from front page

Belleair Beach, FL 33786
mauderne@gte.net



Newsletter Editor

Gertraud Perry
PO Box 1314
Clearwater, FL 33757
gertraudp@aol.com



Treasurer, Fitness

Meegan Wilson
620 NW 27th Way
Gainesville, FL 32607
wilson@afn.org

Sanctions, Long Distance

Ron Collins
1920 Cobblestone Way
Clearwater, FL 33760
<http://home.tampabay.it.com/>

swimming
Officials

Joan Glaraton
4590 Colonial Ave
Jacksonville, FL 32210

Senior Games Liaison

Joan Campbell
jcampb10@tampabay.rr.com

Secretary

Brett Hamlin
628 Luzon Ave.
Tampa, FL 33606
bhamlin@kwlaw.com

Webmaster

Dick Brewer
28714th Street NE
Naples, FL 34120

**TOP TEN AND RECORDS
REPORT**

Margie Hutinger

I submitted the times for the 2000 SCM Top Ten from meets in Orlando, St. Pete (two development meets) and Ottawa, Canada. In December, I mailed the LCM FL Top 5 and records to clubs and subscribers. Thanks for your increasing interest.

Sometimes, swimmers have swum in relays and wondered why their times haven't been included. For each relay event/age group, a club may be listed more than once only if there are four different swimmers on each team. If the same swimmer is listed in the same relay event and age group more than once for a club, the swimmer's fastest relay will be included and the other relay(s) must be dropped.

I would like to acknowledge and

recognize the outstanding FL LMSC record breaking LCM swimmers for 2000, men, women and relay. The top record breakers were Florence Carr, 75-79, SPM and Paul Hutinger, 75-79, FMM, with 6 records each. These swimmers broke the oldest records on the LCM books.
* indicates greatest time drop, man and woman

Rick Walker--50-54-SWIM--200 free-2:16.33; broke Burwell Jones' time of 2:17.97 from 1985.

Rick Walker--50-54-SWIM--400 free-4:43.93; broke Burwell Jones' time of 4:56.97 from 1985.
*Rick Walker--50-54-SWIM--800 free-9:58.15; broke Burwell Jones' time of 10:43.71 from 1985.

Karen Becker--30-34-ACTT--100 back--1:14.56; broke Katie Adams' time of 1:15.31 from 1988.

Cathy Shonkwiler--40-44--SPM--400 free--4:54.50; broke Martha Martin's time of 5:04.96 from 1988.
Cathy Shonkwiler--40-44--SPM--50 back--34.58; broke Martha Martin's time of 34.68 from 1988.

Peggy McDonnell--45-49--IRCC--200 back--3:15.27; broke Suzy Carlson's time of 3:22.88 from 1988.

Sylvia Eisele--70-74--SWIM--100 breast--1:51.69; broke Gertrud Zint's time of 1:56.24 from 1988.
*Sylvia Eisele--70-74--SWIM--200 breast--4:03.64; broke Gertrud Zint's time of 4:18.13 from 1988.

Kay Schimpf--70-74--SPM--400 free--9:45.88; broke Ruth

Switzer's time of 9:48.24 from 1988.

200 Mixed Medley Relay--240+--
SWIM--Gilligan, Eisele, Geer, R
Walker--2:46.26; broke the 1992
HLJ time of 2:49.49.

Altogether, 49 men's, 28 women's
and 8 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/~floridalmsc>
or \$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.



ASK THE SWIMMING DOCTOR

by Dr. Paul Hutinger

Question: What training program
would help me with my 50, 100 and
200 events?

Answer: The type of training you
do will dictate which energy source
is developed. Distance training
(short rest sets of 10 x 200 or 4 x
500) will increase the aerobic
energy system, and sprint training
(20 x 25 on 30-45 sec) would train
the anaerobic energy system, as
would sets of 5 x 100 @ 8 min
(95% effort and recommended
only once a week).

To develop a specific energy
system, swimmers must train as
close to the speed and intensity of
swimming that he/she will do in
their competitive events, or little
or no benefit will be derived.

Immediate energy stored in the
muscles, will last for 35 sec, or for
anaerobic stores, from 40 sec to 2
1/2 min. Overdistance and short
rest repeats can result in a
lowering of the anaerobic system
within the muscle, thus your 50
and 100 sprints could be slower.
You cannot expect an Indy formula
car to perform well in a race
designed for a top fuel dragster.
Glenn Woodsum, 53, Tallahassee, is
an example of a swimmer that
changed the standard distance
workout his Masters group was
doing, to one that specifically
trains him for sprints. Best times
SCY--50 free/23.94; 100
free/52.53; 200 free/1:58.71
SCM--50 free/26.25; 100
free/58.40; 200 free/2:15
LCM--50 free/26.95; 100
free/1:00.20

Some of these are life time
bests, including a drop of 2.2 sec
on a 100 free. He maximizes his
training for free style events of
50, 100 and 200's. His workouts
have the following basic design, for
3000 yards:

Warm up--600 swim & 200 kick (4
x 50)

M/W/F--race pace work; no pain
and don't hurt

8-20 x 50 @ pace for the 200

20 x 15 yds @ pace for the 100

20 x 12 yds @ pace for the 50

T/Th--pain and hurt

2 x 200 @ 20 min or 4 x 100 @ 8
min--ALL OUT, with easy swimming
in-between.

Last year, he did one meet on

each course, with 8 weeks of
conditioning at anaerobic threshold
before starting his specificity
program. Six weeks before a meet,
he tapers with 200 yds less per
week. Four weeks before the
Orlando SCM meet, he did extra
kicking (2 x 100, 2 x 75, 2 x 50),
that he felt helped his perfor-
mances.

Woodsum doesn't check his
heart rate, but uses perceived
exertion and pace times for
intensity of effort. He does not
use fins or zoomers. In the past,
he has used weight training, but
now, feels his speed work main-
tains a good strength level. He
does work on efficiency of strokes
by swimming 25's with the fewest
strokes he can, applying maximum
strength on each stroke (very
exhausting, but looks easy). He
does as few as 10 strokes/25 yds.
Elite swimmers, such as Jon Olsen,
Biondi and Popov (27 strokes/50
m), maximize distance per stroke,
which gives the appearance of
swimming easy and relaxed.

In summary, if you swim 50, 100
and 200 events (lasting up to 3
min), maximize your performance
with a program that gives your
anaerobic energy system specific
training.

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

NEWS FROM



AROUND THE LMSC

HAMMER HEAD SWIM CLUB

Hi, my name is Terri Pyle, Coach for the Hammer Head Swim Club, Winter Park YMCA, in Winter Park, Florida (a very small, but spirited swim club).

On January 6th, I held a "Stroke-a-Thon" wherein nine of my swimmers (including myself) swam 100 x 100's on the 2 minute interval, with a 2 minute rest after each set of 10, totaling 10,000 yards. We did this in 3 hours and 32 minutes. It was great fun and a positive and motivating way to start the new year! This was a fund raiser, and each of us pledged x amount for every 100 we swam. I was pleasantly surprised when my aquatics director, Jo Anne Traylor, sponsored me at 25 cents per 100, adding another \$25 to the Hammer Head Swim Club account. We raised a total of \$175, with pledges ranging from 5 cents to 25 cents per 100. I bought goggles for everyone who completed it, as well as a "Certificate of Completion" from the club. Everyone was quite pleased with themselves, and most importantly, ready to race! While most of my team (myself included) prefers open water swimming, we are now considering a few pool events as a part of our race repertoire for 2001.

This was my first fund raiser, and I plan to do another one in the

Spring. All proceeds will go to any swimmer in need of a race entry fee for the upcoming year, or pool supplies (flags, clocks, etc.) that we should need to replace at the Y in the future.

Just thought I'd pass the good news along!

Clearwater Aquatic Team

Masters is looking forward to hosting our Annual Valentine's Meet February 10th and 11th at the Long Center INDOOR pool - a much appreciated feature with the weather we have been having over the past month. Cannot believe I would have survived the freezing temperatures in any other facility, having become a true Floridian!!

Our CAT Masters greeted the new year and the REAL Millennium of 2001 with a benefit swim and party on

January 1st at the Long Center in Clearwater. Over 65 swimmers appeared to either swim off those holiday pounds or greet the new millennium with a healthy exercise start. 2001 meters, 2001 yards, 2001 feet, 2001 inches and 2001 centimeters were allowed - some of our spouses were happy to do the inches!! In all we collected over \$600.00 for the Pinellas

Special Olympics - all donations went to the charity - and friends and family had a great time, including a fun party at Carrabba's afterwards.

We're anxious to get the SCY season started with the hour swim later this month. Joe is working on that yardage!



Hope to see our usual great turnout at the first major SCY meet of the season - our Valentine's Meet. Get those entries in and prepare for a good meet to start off the new year.

SEE YOU FEBRUARY 10th and 11th,
Joan Campbell

DIANETICS SWIM TEAM

Three women and four men participated in the 3000/ 6000 Postal Meet. Results pleased everyone of us. The mixed relay consisting of Martin Jones, Kitty Magness, Gertie Perry and Nathan Jaye held its record from 1999 and came in first place. The men's relay of Bob Magness, Martin

Jones and Nathan Jaye also came in first. The women's relay of Kitty Magness, Gertie Perry and Cathy Kamhi came in fourth. Nathan Jaye placed 1st in the 3,000 individual event. Two of our swimmers, Bob Magness and Gertie Perry also swam the 6000 event. Gertie placed 3rd.

Gertie Perry attended the After-Thanksgiving-Meet and received 2nd place in High Points.

In December, two men and three women competed in the Postal Pentathlon which was a first for us. Bob Magness, Kitty Magness, Nathan Jaye, Cathy Kamhi and Gertie Perry swam the Sprint Distance. Nathan Jaye, Cathy Kamhi and Gertie Perry swam the Middle Distance. And Cathy Kamhi and Gertie Perry did the IronMan Distance on top of it. Even though it was quite strenuous, it was very exciting and we can't wait for our results.



Florida Mavericks

Orlando Meet

Eleven Mavericks competed in the popular, annual SCM Meet in Orlando. Out of 37 teams, our men placed 4th, our women and combined teams, 5th.

Tullman and MacDonald earned high point awards; Prokopi, Olsen and Maloney placed 2nd; and Troy, 3rd. Other swimmers included Everhart, Williams, Smith, Schlegel and Paul Hutinger.

October Development Meet, St. Pete

Twelve raucous, cheering Mavericks provided inspiration for two National records. Paul Hutinger established a new time for the 100 m back, 1:25.13, and the 400 mixed medley relay, 280+, Hutinger, Maloney, Tullman and Troy, set a new time of 6:34.16.

Florida State Senior Championships, Kissimmee, December

(Team pictured below)



This meet, for the 50+ crowd, was the qualifying meet for the National Championships to be held in Baton Rouge, LA in July. In order to qualify, you had to place 1st or 2nd, in your events. Twelve Mavericks: Bond, Carr, DeTore, Homans, M & P Hutinger, Maloney, Prokopi, Schlegel, Thompson, Tullman and Williams accounted for 52 qualifying times. Smith just missed the cutoff, but recorded several of his personal best times.

Joan Campbell had the meet recognized, so all Masters times will be submitted for top ten.

3000/6000 Yards Postal

Fifteen Mavericks competed in the 3000 yds event and earned a 2nd place plaque for their efforts. The men's 75+ relay team of Cleaveland, Hutinger and Malbrough established a new national record, with a combined time of 3:24:04.53. P Hutinger placed 1st; Bond, Kenner, MacDonald, Cleaveland and Malbrough, 2nd; and Tullman and Hoskinson, 3rd. Thompson, Prokopi, Margie Hutinger, Olsen, Burnazos,

Schlegel and Maloney also swam this distance.

The women's 55+ and 65+ relays placed 2nd; the men's 65+, 1st; and the 55+ and 65+ mixed relays placed 2nd.

Schlegel was our lone entry in the 6000 yds, and placed 2nd.

Paul Hutinger



Spacecoast Masters

Eighteen SPCO swimmers (12 men and 6 women) turned in top performances in the October 13-15 Orlando meet. This was a seasonal high turnout for meet participation. As a result, in the team competition of 39 we placed 3rd overall, with our men taking home the 2nd place high point trophy, and the ladies coming in 4th. For 4 of our swimmers it was their first meet with the team. *Lee Nessel* one of new members, set 4 new meet records in the 200 IM, 100 fly, 200 free, and 100 free in the 19-24 age group. *Amanda Pagon* set a meet record as well in the 200 back for 25-29 year olds. *Lee* was a high point winner in her age group, as was *Tom Bliss* in the men's 45-49 group. *Pete Turner* was a second high point scorer in the men's 40-45, and *Bob Sigersmith* and *Al Rogerson* were the second and third high point swimmers respectively in the men's 75-79 group.

SPCO's 75 year and up senior swimmers did well in the Senior Championships in Kissimmee. *Bunny Cederlund*, *Lester Bell*, *Al Rogerson*, *Bob Sigersmith*, and *Al Chipman* all braved the chilly weather to compete this year.

Our annual Christmas party held December 16 was, as always, full of great food, good humor,

and plenty of recognition for those teammates who swam hard or gave their all to the team over the past year. *Phil Lindsley* graciously explained and circulated this year's ballot to us, so there would be no confusion on our part as to how to vote for our new swim team officers. We managed to make our selections and no one contested the results, as all the officers ran unopposed. Well actually, some of the officers themselves were opposed to running, but our board of directors gave them no choice in the matter. *Pete Turner* will serve his second term as President, with *Carl Finney* as Vice President. *Angie Sinacore* will serve as Secretary, and *Tina DeSalvo* will continue publishing the newsletter. *Carolyn Malac* has "accepted" the position as Registrar/Treasurer, and *Lee Nessel* with take over as our new Public Relations officer.

In the awards category, **Swimmer of the Year** went to **Bob Sigersmith** for his outstanding achievements in all of his swims, but especially for his participation in the Long Course Nationals, in Baltimore. Our **Most Valuable Swimmer** for the year 2000 was **Al Rogerson**. Al is a strong competitor, traveling to meets all over the region, and has also been a very strong supporter of the team, giving much time to our program as statistician and public relations officer. The Dave Marlborough award went to **Lester Bell**. This award generally goes to the person who has made the biggest goof over the past year (and is often

quite a hard decision to make). *Lester* won it hands down this year. At a recent swim meet *Les* stood up in the middle of the pool during his event because he heard his name called over the PA. Needless to say he was DQ'd, but stoically finished his event anyway. *Sarah Tyler* was unanimously voted **Coach of the Year**.

Our former association President *Tom Bliss* has been elected Chairman of Florida LMSC. We are all very proud of Tom and the team is behind him 100%.

We look forward to some great performances in the One Hour Swim and in all our events in 2001.

300 Club

Burrr, it is a cold winter up here in North Central Florida, Gainesville. Although heated, our pool is outdoors and those of us who have been active this winter keeping in shape or getting ready for competition believe we deserve to be honorary members of the *Polar Bear Club*.

Reflecting back on the year 2000, our Club had some noteworthy changes and accomplishments. Of our roughly 35 active members, a select few chose to compete and did very well this past year. Four placed in the Top Five in last year's LMSC LCM records: *Meegan Wilson* got three 1st, one 2nd, two 3rd, one 4th and one 5th. Also shinning, but perhaps not as brightly were: *Greg Mullersman* with two 2nd, one 3rd and two 5th.

Barry McEwen with one 3rd, one 4th and one 5th.

Victor Buehler had one 3rd.

Five members placed in the Top Five SCY with Meegan Wilson again leading our school of finheads by making six 1st, six 2nd and one 3rd.

Via Enneking got one 2nd in her chosen event plus two 4th and one 5th.

Not to be forgotten are Albert Monge with one 4th, and Victor Buehler with two 5th and Bill Rodenfels with one 2nd, four 4th, one 5th. (We include Bill in these numbers although he wasn't officially listed with us last year, he has returned to the fold for 2001).

And at the World competition Meegan placed 4th, 5th, and 6th in the breaststroke events.

We lost Albert Monge Jr. (creator of the Weasel Kick Drill), as our coach in midyear, had Pate Cantrell for a few months this fall until he ran off to get married, and will be starting the new year with Ron Davis now that he has retired from his former career and begun a new one coaching us.

So, as everyone can see, the 300 Club is flexible and open to change. Come join our fun.

TEAM ORLANDO MASTERS

The YMCA Aquatic Center and Team Orlando Masters Swimmers would like to announce our new head Coach John Vasbinder. John comes to us with over 25 years experience in all aspects of competitive swimming. John is a

level 5 ASCA USA and YMCA Coach. He was YMCA National Coach of the year in 1991 and 1998. He has coached many national record holders as well as Olympic Qualifiers. He is the head coach of the Team Orlando USS team.

T.O.M. is very pleased to have coach John as the new masters coach.

It's not too late to sign up with the Orlando Aquatic Center for YMCA Nationals April 26-29, 01. Becoming a participant will not affect your eligibility with your USMS team. For more info please contact Cathy Shonkwiler at cswimming@aol.com. If you are already a member of your local Y, don't forget to sign up.

FOREST HILLS AQUATICS

Our team's AFTER-THANKSGIVING MEET was held on December 3rd and 4th, at the comfortable confines of the Long Center in Clearwater.

Congratulations to all of the teams that were represented. Special recognition goes to our HIGH POINT - VISITING TEAMS:

1. St. Pete Masters
2. Hernando County Family YMCA
3. Sun City Center Swim Team

Mark your calendars for the same time in the late Fall of this year. We're planning another fun and competitive meet, conveniently situated between the Holidays in 2001.

WE'VE NOTICED THAT: Tina got married, Neil C got engaged and Steve K, our merry lil' elf, recited his 9th annual Christmas Eve poem. Thanks to Steve, and congratulations to Tina and Neil.

Your
team's
news
and
picture
here.

Email to
gertraudp@aol.com

In Memory of...



St. Pete Masters lost an outstanding swimmer and a great human being when **Jayne Mann Lambke** passed away on November 25, 2000 after a courageous battle with cancer. Jayne won many honors during her years as a Master swimmer. She was an All American every year and was accorded All Star honors in 1994 and 1995. In spite of not feeling up to par, Jayne entered the 2000 USMS Short Course Nationals last May and won all six of her events. After her death, we received notes from Masters swimmers throughout the U.S. Not only did they speak of her with admiration for her swimming ability, but they all made note of some kindness Jayne showed them, whether it was encouraging them at a meet, opening her home so they would have a place to stay, or sharing home made chocolate chip cookies. The sun will not shine as brightly at Masters meets without Jayne there, sharing her radiant smile with everyone.

A memorial service was held for Jayne in the park beside North Shore Pool overlooking Tampa Bay with over 200 people in attendance. She is survived by her mother, Rea Mae Mann (who also

swam with St. Pete at one time), daughter, Jenee Donaldson and husband Gary, daughter Ann Cadis and husband Chris, son Jay Lambke and wife Meg (who both swam for SPM several years ago), sister, Terri Culwell, brother, Burt Mann, several grand-children and too numerous friends.

Because she loved St. Pete Masters so much, her family established the Jayne Mann Lambke Memorial Fund. This fund will be used at the discretion of the St. Pete Masters Board. Checks may be made payable to St. Pete Masters for the Jayne Mann Lambke Memorial Fund and sent to SPM, P.O. Box 449, St. Petersburg, FL 33731-0449.

Our Meet at the end of March is held in memory of Jayne.

The Forest Hills Aquatics Team had a moment of silence in honor of Jayne prior to the start of their meet.

The 300 Club would like to extend our regrets and condolences to all family, friends, and swim buddies of Jayne Lambke. She is a significant loss to everyone associated with our LMSC's community of swimmers. She was of course an equally great swimmer, friend and inspiration. We will miss her company in the upcoming meets and socials she had always so consistently attended.



CAT Masters has lost two of our good friends over the past year. We have just heard that our friend **Gus Langner**, 97 years young, passed away January 9th. Gus thoroughly enjoyed visiting and working out with us last October before the National Senior Games in Orlando, and commented that he could just swim forever in our lovely pool. We remember counting for him at the Nationals in Fort Lauderdale and his famous "Stay there. I'll be back" at the end of each 50 in the 500. He had an invitation to our Valentine's meet, but unfortunately, this time he won't be back.

He and **Dot Donnelly** will be in our hearts, though - our Valentines!!

Joan Campbell

POOL MEETS

Feb 10 + 11

CAT Masters Valentine Meet - Clearwater, FL
SCY; Joe Biondi, CAT Masters, 216 Elizabeth Ave,
Clearwater, FL 33759, 727-725-0778;
home.att.net/~dixiezone/dp_meets.htm; Sanctioned
by FL LMSC #141-001; Pre-entry (2/2/2000)

Feb 17 + 18

Dixie Zone SCY Champs - Auburn, AL; SCY; Conner
Bailey, 323 Brookside Dr, Auburn, AL 36830, 334-
826-6844 (h), 334-844-5632 (w), 334-844-5639
(fax), cbailey@acesag.auburn.edu;
www.ag.auburn.edu/~cbailey/2001invite.htm;
Sanctioned by SE LMSC #150-006; Pre-entry
(2/8/2001) & Deck-entry

Feb 23-25

Hall of Fame Masters Challenge - ISHOF, Ft
Lauderdale, FL; SCY; Stu Marvin, International
Swimming Hall of Fame, 840 East Plantation Cir,
Plantation, FL 33324, 954-468-1580(w), 954-977-
2865(h), 954-468-1582 (fax), stum@ci.ftlaud.fl.us;
home.att.net/~dixiezone/dp_meets.htm; Sanctioned
by FG LMSC

Mar 8-13

National Aquatic Conference - Orlando, FL

Mar 30 - Apr 1

St. Pete Masters SC Champs - St. Petersburg, FL;
SCY; Nancy Eaddy, 431 Park St S, St. Petersburg, FL
33707, 727-347-0565, neaddy@tampabay.rr.com;
dixiezone.home.att.net/dp_meets.htm; Sanctioned by
FL LMSC #141-003; Pre-entry (3/20/2001)

Mar 4

St. Pete Masters Development Meet - St. Petersburg,
FL; SCY; Harold Ferris, 1116 44th Ave. N.E.,
St. Petersburg, FL 33703, 727-896-0250.

Apr 7+ 8

SC Meet - Hilton Head Island, SC; SCY; Eric Kemeny,
PO Box 22593, Hilton Head Island, SC 29925, 843-
681-7273, 843-681-3754 (fax), reccen@hargray.com;
DJ Murray, 843-689-9144; Sanctioned by SC LMSC
#551-002; Pre-entry (3/20/2001)

Apr 21 + 22

North Carolina SC Champs - Raleigh, NC; SCY; Tim
Sexauer, RAM, PO Box 19845, Raleigh, NC 27609,
919-266-6315, timswims@earthlink.net;
www.ncmasters.org/; Sanctioned by NC LMSC #131-
03; Pre-entry (4/15/2001) & Deck-entry

Apr 26-29

2001 YMCA National Championships - Sarasota, FL;
Contact your local YMCA for information.

OPEN WATER

Mar 24

1 Mi Ocean Swim for Life - Miami Beach, FL
OW; Cindy Brown, 418 NE 25th St, Miami, FL 33137,
305-576-6733, 305-573-5393 (fax),
CBrown5743@aol.com; Raise money and awareness for
HIV/AIDS and breast cancer; Pre-entry & Deck-
entry

Apr 21

24 Mi Tampa Bay Marathon Swim - St. Petersburg,
FL; OW; Ron Collins, 1920 Cobblestone Way,
Clearwater, FL 33760, 727-531-7999, 888-524-
7803, 727-524-9399 (fax),
president@distancematters.com; Solo swimmers and
3-person relays; distancematters.com/marathon;
Sanctioned by FL LMSC #141-024; Pre-entry
(3/20/2001)

Apr 28

2001 USMS 5K Open Water Championship - Atlantic
Ocean, Hollywood, FL

Apr 28

USMS Open Water Clinic - Atlantic Ocean,
Hollywood, FL

Apr 29

Hollywood Mile - Atlantic Ocean, Hollywood, FL
OW; Randy Nutt, PO Box 9448, Coral Springs, FL
33075, 800-356-5132(w), randy@theVictor.com;
Presented by Marcia Cleveland and Randy Nutt;
www.thevictor.com/events.html; Sanctioned by FG
LMSC #501-002; Pre-entry (4/20/2001)

Dedicated in loving memory of Jayne Lambke
31st Annual St. Pete Masters Short Course Swimming Championships

March 30, 31 and April 1, 2001

Sanctioned by Florida LMSC for USMS, Inc. #141-003

- DATE & TIMES** Friday, March 30, 2001 Warm-up: 4:30 PM Start: 5 PM
 Saturday, March 31, 2001 Warm-up: 8 AM Start: 9 AM
 Sunday, April 1, 2001 Warm-up: 8 AM Start: 9 AM
 All events will be timed finals and seeded SLOWEST to FASTEST.
 Check-in required for the 1000 yd Free, 1650 yd Free, 500 yd Free, and 400 yd IM
- LOCATION & FACILITY** Northshore Pool is located at 901 Northshore Drive in St. Petersburg, FL. Eight lanes will be seeded for all events Saturday and Sunday; 12 lanes will be used on Friday. Colorado timing will be utilized with backup watches.
- ELIGIBILITY & RULES** Open to all MASTERS, age 19 and older. Entrants must have a 2001 USMS Registration Card . A photo copy must be attached to the entry form. 2001 USMS rules govern.
- ENTRIES & FEES** Swimmers may enter five (5) individual events per day PLUS relays. The entry fees are \$2.50 per individual event, \$5 per relay team and a \$10 meet surcharge for all swimmers. Enclose a SASE if you wish confirmation your entry was received. Make checks payable to St. Pete Masters.
 Entries should be mailed to:
 St. Pete Masters Questions? Phone: Nancy Eaddy
 C/O Nancy Eaddy (727) 347-0565
 431 Park Street South E-mail: neaddy@tampabay.rr.com
 St. Petersburg, FL 33707
- RELAYS** Relays will be deck entered and seeded a half-hour prior to each race. All relay swimmers must be registered with the meet, signed a meet wavier, and paid the \$10 meet surcharge.
- DEADLINE** In order to avoid a late fee charge, meet entries must be **RECEIVED by Tuesday, March 20, 2001**. Late entries received by mail or phone will be accepted with an additional \$5 fee until Friday, March 23. If unable to attend, contact Nancy Eaddy at (727) 347-0565 by Friday, March 30 and your money will be refunded in full.
- AWARDS & SCORING** Awards will be given for each event. Individual High Point awards for 1st, 2nd and 3rd in all age groups will be given with a minimum of five events completed. Team awards for 1st, 2nd and 3rd place Combined Men and Women will be recognized by having a charitable donation made in their name to a recognized charity of their choice. Scoring: 9-7-6-5-4-3-2-1 points for individual events, double points for relays.
- SOCIAL & T-SHIRTS** Join us for a social hour from 5-6 PM with FREE BEER on the rooftop of the famous "Hurricane Restaurant" overlooking St. Pete Beach. Dinner will follow social hour and guests will order individually from the menu. Sign up at the meet. A commemorative meet T-Shirt or Tank Top can be purchased for \$15 on the entry form.
- RESULTS** Results can be ordered for \$5 per copy at the meet. One free copy will be sent to each team. A team rep sign-up list will be available at the registration table.
- ORDER OF EVENTS** FRIDAY (warm-up 4:30 PM, start at 5 PM)
 1/2 1000 yd Free
 3/4 1650 yd Free
- | | |
|--|--|
| <p><u>SATURDAY</u> (warm-up 8 AM, start at 9 AM)</p> <p>5/6 200 yd Back
 7/8 100 yd IM
 9/10 200 yd Free
 11/12 200 yd Mixed Medley Relay
 13/14 50 yd Back
 15/16 200 yd Fly
 17/18 100 yd Breast
 19/20 50 yd Free
 21/22 200 yd Medley Relay
 23/24 400 yd IM</p> | <p><u>SUNDAY</u> (warm-up 8 AM, start at 9 AM)</p> <p>25/26 100 yd Back
 27/28 50 yd Breast
 29/30 100 yd Fly
 31/32 200 yd Mixed Free Relay
 33/34 200 yd Breast
 35/36 100 yd Free
 37/38 200 yd IM
 39/40 50 yd Fly
 41/42 200 yd Free Relay
 43/44 500 yd Free</p> |
|--|--|



**Local Masters Swimming Committee
Consolidated Entry Card**

Dedicated in loving memory of Jayne Lambke

Meet: 31st Annual St. Pete Masters SC Championships

Date: March 30, 31, and April 1, 2001

Sanction: 141-003

Location: St. Pete Northshore Pool

Name _____ male female USMS # _____

Birthay ___/___/___ Age 4/1/01 _____ Phone (____) _____ Club _____

Event No.	FREE (time)	Event no.	BACK (time)	Event no.	BREAST (time)	Event no.	FLY (time)	Event no.	IM (time)
19/20	50 : : .	13/14	50 : : .	27/28	50 : : .	39/40	50 : : .	7/8	100 : : .
35/36	100 : : .	25/26	100 : : .	17/18	100 : : .	29/30	100 : : .	37/38	200 : : .
9/10	200 : : .	5/6	200 : : .	33/34	200 : : .	15/16	200 : : .	23/24	400 : : .
43/44	500 : : .	FEES: Meet surcharge = \$ 10.00 # events _____ x \$ 2.50 = \$ _____ Late fee if applicable (\$5) = \$ _____ Results mailed @ \$5 = \$ _____ Tank Top S-M-L-XL @ \$15= \$ _____ sh. sleeve T-shirt S-M-L-XL @ \$15 = \$ _____ lon. sleeve T-shirt S-M-L-XL @ \$20= \$ _____ TOTAL ENCLOSED = \$ _____							
1/2	10000 : : .								
3/4	16500 : : .								

MAKE CHECK PAYABLE TO:
St. Pete Masters
MAIL ENTRY TO:
 St. Pete Masters
 c/o Nancy Eaddy
 431 Park Street South
 St. Petersburg FL 33707
ENTRY DEADLINE:
 received by Tuesday, March 20

Attach a copy of your USMS Card • Signature on this form is REQUIRED!

Incomplete entries (no fee, incomplete entry card) or late entries (postmarked/received after deadline) **MAY BE REJECTED!**
ALL MASTERS swimmers are required to send a photocopy of their current USMS card with their entry.
ALL MASTERS swimmers may be asked to show their USMS cards if requested at the meet.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS. (see Rule Book Article 203.1)

PLEASE SIGN AND DATE _____

Is this your first Masters Meet? Yes ___ No ___

FLORIDA

NEWSLETTER

FLORIDA LOCAL MASTERS
SWIM COMMITTEE, INC.
2503 Bayshore Drive
Bellaire Beach, FL 33786

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Distance Matters web site: <http://distancematters.com>
USMS web site: <http://www.usms.org>

St. Pete Masters Development Meet

Date & Times	Sunday, 4 March 2001	Warm-up: 9:00 AM
Location	North Shore Pool is located at 901 North Shore Drive in St. Petersburg, FL.	
Entry Fees	\$5 for events.	
Order of Events	#1 1000 yd Free	#5 200 yd IM
	#2 200 yd Breast	#6 100 yd Fly
	#3 50 yd Back	#7 200 yd Free
	#4 4x100 Relays	

Deadline for the May issue is 15 April 2001

Please e-mail word text and pictures to gertraudp@aol.com
Pictures can also be mailed to PO Box 1314, Clearwater, FL 33757