

# FLORIDA

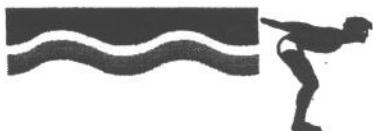
## NEWSLETTER

*VOL. XVIII No. 2*

*Local Masters Swim Committee, Inc.*

*May 2001*

*A Letter From The President  
Calendar of Events  
SCM 2000 Records  
News From Around The LMSC  
Meet Entry Information*



## CALENDAR OF EVENTS



**6/24/2001 Dixie Zone LC Champs /**  
24<sup>th</sup> Annual SWIM Florida Masters  
Invitational. Sarasota, FL LCM;  
Chris Gilligan, 3008 Bayshore Rd,  
Sarasota, FL 34234, 941-358-3122,  
[h2ogill@home.com](mailto:h2ogill@home.com); Dren Geer, 941-  
966-3818;  
[home.att.net/~dixiezone/Meets/Info\\_Sarasota2001.pdf](http://home.att.net/~dixiezone/Meets/Info_Sarasota2001.pdf); Sanctioned by  
FL LMSC; Entry Deadline 6/15/2001

**6/23/2001 Lean Cuisine Ocean Mile**  
Series - Tampa, FL OW; T.J. Cesarz,  
ESM, Inc., 888-ESM-SPORTS,  
[tjcesarz@exclusivesports.com](mailto:tjcesarz@exclusivesports.com);  
[www.palmtreeportsclub.com/about.cfm?cat=17](http://www.palmtreeportsclub.com/about.cfm?cat=17)

**June 30 / LCM:** Alabama Sports  
Festival. Mobile, AL. This meet is  
USMS-sanctioned. *Entry deadline:*  
*postmarked by June 13*

**7/7/2001 1 Mi & 5 K Amelia Island**  
OW Challenge - Fernandina Beach,  
FL OW; Edward Gaw, 1531  
Fernandina Beach, Fernandina Beach,  
FL 32034, 904-277-4328,  
[edginc@worldnet.att.net](mailto:edginc@worldnet.att.net); Chris Gaw,  
407-835-1350, [mrgotto@yahoo.com](mailto:mrgotto@yahoo.com);  
[www.active.com](http://www.active.com); Sanctioned by FL  
LMSC; Pre-entry (6/23/2001) &  
Deck-entry

**7/7/2001 Crawfish Aquatics**  
Developmental Meet - Baton Rouge,  
LA LCM; Crawfish Aquatics, PMB  
113, 7516 Bluebonnet Blvd, Baton  
Rouge, LA 770810, 225-769-4323,  
[swimcraw@bellshouth.net](mailto:swimcraw@bellshouth.net);  
[www.crawfishaquatics.com/PDF%20Files/dev070701.PDF](http://www.crawfishaquatics.com/PDF%20Files/dev070701.PDF); Sanctioned by  
SO LMSC #241-009; Pre-entry &  
Deck-entry

**7/7/2001 Lean Cuisine Ocean Mile**  
Series - N. Miami Beach, FL  
OW; T.J. Cesarz, ESM, Inc., 888-  
ESM-SPORTS

**7/8/2001 4.5 Mi Fieldstone**  
Invitational OW Swim - Lk Chatuge,  
Hiawassee, GA to Hayesville, NC  
OW; Scott Hanna, 44 Weeping  
Willow Ln., Hayesville, NC 28904,

828-389-3049, [tri2000@dnnet.net](mailto:tri2000@dnnet.net);  
Pontoon and rescue boats will be in  
the water, but swimmers may bring  
their own non-motorized support  
craft; [www.gsmtc.com/july.htm](http://www.gsmtc.com/july.htm);  
Entry Deadline 7/1/2001

**July 19-25: National Senior Games.**  
Baton Rouge LA. Ages 50-64 swim  
July 19-21, and ages 65+ swim July  
23-25. There is no competition on  
July 22. *50+ only -- must have*  
*qualified at one of the 2000 state*  
*Senior Games Championships*

**July 20-22 / LCM:** St. Pete  
Masters Long Course Championships.  
St. Petersburg FL. *Entry deadline:*  
*received by July 12*

**7/21/2001 RAM LC Invitational -**  
Raleigh, NC LCM; Alan Godfrey, 730  
Parkham Ln., Raleigh, NC 27603-  
1787, 919-755-3878 (h), 919-990-  
8253 (w), [AFGodfrey@aol.com](mailto:AFGodfrey@aol.com);  
[www.ncmasters.org/forms/13105.pdf](http://www.ncmasters.org/forms/13105.pdf)  
; Sanctioned by NC LMSC #131-05;  
Pre-entry (7/14/2001) & Deck-entry

**7/28/2001-7/29/2001 Team**  
Greenville LCM Invitational -  
Greenville, SC  
LCM; Roy Dessloch, 301 Colonial  
Johnson Rd, Easley, SC 29642, 864-  
220-0209, [TGCoach@aol.com](mailto:TGCoach@aol.com); Jim  
Keogh, c/o Aquatics, 864-220-0209,  
[jimsuke@mindspring.com](mailto:jimsuke@mindspring.com);  
[home.att.net/~dixiezone/dp\\_meets.htm](http://home.att.net/~dixiezone/dp_meets.htm); Sanctioned by SC LMSC #551-  
004; Entry Deadline 7/20/2001

**7/28/2001 2.5K & 5K Carter's Lake**  
Mountain Swim - Ellijay, GA OW;  
Cord-Patrick Kammholz, 6720

Lancaster Cir, Cumming, GA 30040-  
7343, 770-781-3637,  
[swimdynamo@aol.com](mailto:swimdynamo@aol.com); Ralph  
MacIntyre,  
[dixieappraisal@mindspring.com](mailto:dixieappraisal@mindspring.com);  
[www.DynamoMasters.com](http://www.DynamoMasters.com);  
Sanctioned by GA LMSC #451OW-  
02; Pre-entry (7/23/2001) & Deck-  
entry

**7/28/2001 Lean Cuisine Ocean Mile**  
Series - Ft. Lauderdale, FL  
OW; T.J. Cesarz, ESM, Inc., 888-  
ESM-SPORTS

**8/3/2001-8/5/2001 Southern**  
Masters LC Champs - Baton Rouge,  
LA  
LCM; Scott Rabalais, 3537 Christina  
Ave, Baton Rouge, LA 70820, 225-  
769-4323(w), 225-766-5937,  
[coaches@usms.org](mailto:coaches@usms.org);  
[home.att.net/~dixiezone/dp\\_meets.htm](http://home.att.net/~dixiezone/dp_meets.htm); Sanctioned by SO LMSC #241-  
007; Entry Deadline 7/28/2001

**8/4/2001 XMEN'S 2 & 5 Mi Swims -**  
Wrightsville Beach, NC OW; Alton  
Boshoff, 305 Merwin Rd, Raleigh, NC  
27606, 919-233-3861,  
[altonboshoff@mindspring.com](mailto:altonboshoff@mindspring.com);  
[www.ncmasters.org/forms/13104.pdf](http://www.ncmasters.org/forms/13104.pdf)  
; Sanctioned by NC LMSC #131-04;  
Pre-entry (7/27/2001)

**Aug. 16-19 / LCM:** USMS National  
LCM Championships. Federal Way  
WA. Information as well as  
Qualifying Times available on the  
internet ([http://home.att.net/~dixiezone/dp\\_meets.htm](http://home.att.net/~dixiezone/dp_meets.htm)).

**8/18/2001 Lean Cuisine Ocean Mile**  
Series - Siesta Key, FL OW; T.J.  
Cesarz, ESM, Inc., 888-ESM-  
SPORTS

## From the Desk of Our President

Dear Florida LMSC swim family,

Our first official Florida LMSC meeting of the year was very productive and well attended. It was at the St. Pete Masters Short Course Yards swim meet on Saturday, March 31. For those of you that wanted to be there and couldn't make it, the minutes of the meeting will be posted on our Web page, thanks to Bret Hamlin and Richard Brewer.

One of the priority agenda items was to select and announce the Dearborn Convention delegates, which I did the following day. Our Florida LMSC has four voting delegates (which is based on the number of our registered masters swimmers) that we send to the convention to represent us. The individuals that I selected are Bret Hamlin, Margie Hutinger, Meegan Wilson and myself. If there are any specific issues that you think would have merit to take to the convention, please feel free to contact anyone of us to discuss this further.

To actively address some of the meeting agenda items committees were formed with the Team representatives and board executives in attendance. Committees were formed to develop the FL LMSC foundational statements; review/update the ByLaws; draft procedures and form an Awards and Recognition ceremony for the FL LMSC. As a Team Representative, if you are interested in participating on one of these committees, please contact me.

Remember our LMSC is comprised of all registered masters swimmers, whether you compete or not, we want you to be an active participant in our organization. "We are only as successful as the

results of our efforts are effectively incorporated to reach a worthwhile goal." Each of us is uniquely gifted and we all have something that we can contribute which will ultimately assist us in reaching our common goals. Consider how you can make your contribution.

Our next LMSC meeting is scheduled at the next Sarasota Meet. Please plan to attend the meeting if you are a Team Representative whether you compete or not. Thank you for being a part of the FL LMSC and for your contributions in making us great!

Yours in the water,



Tom Bliss  
FL LMSC Chairman

## A Dixie Zone Message

June Krauser, Dixie Zone chair, asked that each LMSC make the following announcement:

Swims to be considered for LMSC and Dixie Zone records and Top 10 must be submitted to the home LMSC Top 10 recorder. In the Florida LMSC, that is Margie Hutinger (phut@usms.org). If it is a USMS-sanctioned meet in the Florida LMSC, a copy of the meet results will be automatically sent to Margie and individual swimmers need do nothing. If the swim is outside the Florida LMSC, it is the swimmer's responsibility to send the appropriate documentation to the LMSC recorder.

## A Loss in our LMSC

Jean B. Zulich, 80, of Sun City Center died April 10, 2001. She is survived by her husband, Carl; son, Robert; daughter, Sandra; brother, Bruce; and five grandchildren. Born in NJ, she moved to this area in 1992. June was a retired secretary for a major publishing company. She was active in the American Assoc. of College Women, Masters Swim Club, Duplicate Bridge Club and numerous other civic activities. (taken from the Tampa Tribune)

About 112 people attended her memorial service. A table was set up which displayed all of June's medals and swim jackets she had earned since 1978. It was very beautiful. I will miss her.

Carl Zulich



## Top 10 & Records

by Margie Hutinger

The 2000 USMS SCM Top Ten has been published, including the times from four SCM meets, including a Canadian Meet in June, Orlando Meet in Oct and SPM development meets in Sept and Oct. In addition, the Florida Top 5, includes meets from outside the FL LMSC, including Anderson, SC, and two meets in Coral Springs. In March, I mailed the SCM FL Top 5 and records to clubs and subscribers. The extra SCM 1999 Top 5 copies are available to any swimmers or team that are interested. This is good publicity for Masters swimming and informs our swimmers of an ongoing LMSC program.



A new feature I am working on, is LMSC records for the three postal events, to recognize our distance swimmers. So far, I have compiled the One Hour Postal records (from 1989), which are included in this issue.

When I get final results from past 3000/6000 yds and 5K/10K postals, I will include those records.

I would like to acknowledge and recognize the outstanding FL LMSC record breaking SCM swims for 2000: men, women and relay. Lee Nessel, Linda Felton and John Galloway took top honors by breaking the oldest records, from 1989. The top record breakers were Paul Hutinger, 75-79, FMM, 11 records and Florence Carr, FMM, 75-79 and Cathy Shonkwiler, 40-44, ORLM each with 10 records. The final results from the 1996 Orlando meet were not submitted for Top Ten, listed as ORLM meet records. I have included these times, where they were faster than existing records. Updated records are in this issue.

Lee Nessel-19-24--SPCO--100 free-1:01.96; broke Paige Winters' time of 1:03.16 from 1989.

Linda Felton-50-54--LCAM--50 free--32.82; broke Jayne Lambkes' time of 33.20 from 1989.

John Galloway--35-39--SPM--100 breast--1:12.85; broke David Wesleys' time of 1:15.28 from 1989.

200 Women's Free Relay--160+--SPM--Tibma, Moses, Geiger, Petersen-- 2:03.36; broke the 1994 SPM time of 2:27.15.

200 Mixed Medley--200+--SWIM--Claflin, D Walker, Geer, Dodd-- 2:20.09; broke the 1994 SPM record time of 2:29.38.

Altogether, 57 women's, 44 men's, and 15 relay records were broken. If you haven't already seen the new Top 5, it is available from your team representative, on the Florida web page:

<http://home.att.net/~floridalmssc>  
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.

FLASH: I just received the 1999-2000 Relay All American (1st place) list, for all three courses. These are the FL LMSC teams, with the number of qualifying swimmers: ATAC-4; FMM-13; HLJ-4; LCAM-4; SPM-20; and SWIM-18. Most of these top places came from the 400 and 800 relays offered by Orlando and Sarasota meets.

In addition to the SCM 2000 records issued in this newsletter, I am including the FL LMSC One Hour Postal Records, as of 01/31/01.

#### W O M E N

19-24 5050 S Brownstein SPM-89  
25-29 5025 L Summers SPM-97  
30-34 4865 K Sadler BRAT-97  
35-39 5025 Shonkwiler ORLM-97  
40-44 4805 W Brown BRAT-98  
45-49 4440 J Harrelson SPM-01  
50-54 4205 E Bromwich SPM-95  
55-59 4180 E Bromwich SPM-98  
60-64 3810 J Lambke SPM-00  
65-69 3430 J Campbell CATM-99  
70-74 3210 N Durstein CATM-01  
75-79 3050 B Cederlund SPCO-97  
80-84 2365 Kay Schimpf SPM-99

#### M E N

19-24 4990 R Woodruff GSC-01  
25-29 5600 J Sakovich CATM-97  
30-34 5420 Wm Specht SPM-93  
35-39 5435 Wm Specht SPM-95  
40-44 5105 T Kennedy SPM-98  
45-49 4830 Bastie/Davis SPM-98 & 01  
50-54 5090 R Walker SWIM-01  
55-59 4450 T Mahaffy HLJ-91  
60-64 4125 D DeGroot SPM-90  
65-69 3890 D Geer SWIM-01  
70-74 3885 R Beach SPM-01  
75-79 3290 J Johnston SPM-90  
80-84 2795 F Walbolt SPM-94  
85-89 2622 D Malbrough FMM-00

#### WOMEN'S RELAYS

19+ 14190 Kaleel, M Lambke  
S Brownstein SPM-91  
25+ 13500 Holderman, Miller  
Bowen HLJ-93  
35+ 13740 Nauta, Harrelson  
Orlando SPM-99  
45+ 12765 Bromwich, Geiger  
Page SPM-98  
55+ 11530 K-Perry, Bromwich  
Lambke SPM-99  
65+ 9640 Yungert, Durstein  
Campbell CATM-97

#### MEN'S RELAYS

19+ 13110 Haraminac, Maestre  
Shinneman CATM-94  
25+ 15730 Specht, Peters  
Woodruff SPM-93  
35+ 15200 Kennedy, Atkins  
Specht SPM-96  
45+ 13675 Bastie, Stephens  
Pyhel SPM-97  
55+ 12785 Mahaffy, T Koenig  
Jones HLJ-92  
65+ 11345 Beach, Euler  
Kohnken SPM-01  
75+ 9165 Walbolt, Johnston  
Mitchell SPM-91  
85+ 6235 McCullough, Holden  
Malbrough FMM-01

#### MIXED RELAYS

19+ 18605 Poppell, Bowen  
Emery, Krebs HLJ-94  
25+ 19080 Kyle, Swanson  
Specht, Peters SPM-93  
35+ 19380 Kaleel, Harrelson  
Specht, Kennedy SPM-96  
45+ 17935 Bastie, Pyhel  
Page, Geiger SPM-98  
55+ 16015 Bromwich, Lambke  
Betzer, Euler SPM-99  
65+ 13410 B Atwood, Mitchell  
Beach, Kohnken SPM-99  
75+ 9195 R Atwood, Walbolt  
Reynolds, Schimpf SPM-99



# FLORIDA LMSC RECORDS

## Short Course Meters (As of 12/31/00)

### W O M E N

50 FREE				100 FREE				200 FREE				400 FREE				800 FREE				1500 FREE			
19-24	28.61	B Runyon	SWIM-96	1:01.96	Lee Nessel	SPCO-00		2:14.96	Lee Nessel	SPCO-00		4:56.37	C Horrocks	WFLM-00		13:17.10	Heather Perry	ORLM-94		24:56.45	Heather Perry	ORLM-94	
25-29	27.88	Lisa Summers	SPM-96	1:00.62	Lisa Summers	SPM-96		2:09.19	Lisa Summers	SPM-96		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		10:01.72	Linda Visser	ORLM-00		18:53.04	Linda Visser	ORLM-00	
35-39	28.43	C Petersen	SPM-00	1:00.73	C Petersen	SPM-00		2:11.00	C Petersen	SPM-99		4:34.92	C Petersen	SPM-99		9:34.18	C Petersen	SPM-00		18:02.75	C Petersen	SPM-00	
40-44	29.25	C Shonkwiler	ORLM-00	1:03.24	C Shonkwiler	ORLM-00		2:18.20	C Shonkwiler	ORLM-00		5:01.34	C Shonkwiler	ORLM-00		10:16.12	C Shonkwiler	ORLM-00		19:27.56	C Shonkwiler	ORLM-00	
45-49	32.37	Pat Sargeant	FAST-99	1:11.78	Anne Page	SPM-94		2:29.39	Deb Walker	SMS-96		5:39.01	Anne Grams	UNA-94		11:36.77	Pam Geiger	SPM-99		21:57.87	Pam Geiger	SPM-00	
50-54	32.82	Linda Felton	LCAM-00	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		2:46.53	Jayne Lambke	SPM-96		5:57.89	Jayne Lambke	SPM-94		12:03.59	Jayne Lambke	SPM-98		22:40.01	Jayne Lambke	SPM-98	
60-64	35.76	Jayne Lambke	SPM-99	1:20.51	Jayne Lambke	SPM-99		3:02.45	Jayne Lambke	SPM-99		6:31.27	Jayne Lambke	SPM-99		14:38.21	Pat Tullman	FMM-99		27:03.21	Patricia Bond	FMM-00	
65-69	39.12	Jean Garbus	SWIM-99	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		28:07.76	J Campbell	CATM-99	
70-74	38.36	Florence Carr	SPM-95	1:25.01	Jean Troy	FMM-99		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	40.66	Florence Carr	FMM-00	1:31.78	Florence Carr	FMM-00		3:33.46	Florence Carr	FMM-00		7:58.43	Florence Carr	FMM-00		16:27.51	Florence Carr	UNA-00		31:11.52	Florence Carr	UNA-00	
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	33.58	B Runyon	SWIM-96	1:11.26	B Runyon	SWIM-96		2:44.91	Tasha Hansen	HLJ-94		39.81	R Trompke	SPM-00		1:22.40	Esther Smith	JAM-95		2:56.19	Esther Smith	UNA-94	
25-29	31.98	Jenn Willis	HLJ-95	1:09.71	Jenn Willis	HLJ-95		2:29.06	Amanda Pagon	SPCO-00		35.70	Sudie Miller	HLJ-93		1:17.66	Lisa Summers	SPM-96		2:49.95	BevAcker	ORLM-95	
30-34	33.61	Karen Becker	ACTT-99	1:14.35	Karen Becker	ACTT-00		2:40.88	Karen Becker	ACTT-00		36.87	Merit Greaves	JAM-94		1:20.23	Merit Greaves	JAM-94		2:51.48	Linda Visser	ORLM-00	
35-39	33.17	C Shonkwiler	DSMC-96	1:14.13	C Shonkwiler	DSMC-96		2:35.92	C Petersen	SPM-00		37.72	Maud Orlando	SPM-99		1:22.23	Maud Orlando	SPM-97		2:58.72	Maud Orlando	SPM-97	
40-44	34.27	C Shonkwiler	ORLM-00	1:16.83	C Shonkwiler	ORLM-00		2:55.61	Tami Hindman	LCAM-00		39.22	Judy Tibma	SPM-98		1:21.44	Judy Tibma	DSMC-96		3:00.65	Judy Tibma	SPM-98	
45-49	39.39	P McDonnell	IRCC-00	1:25.56	P McDonnell	IRCC-00		3:03.80	P McDonnell	IRCC-00		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	44.29	Chris Gilligan	UNA-99	1:35.17	Chris Gilligan	UNA-99		3:21.13	Chris Gilligan	UNA-99		46.18	J Piper	SPM-95		1:41.75	J Piper	SPM-94		3:42.56	J Piper	SPM-95	
60-64	46.78	Pat Tullman	FMM-99	1:41.72	Pat Tullman	FMM-00		3:47.64	Pat Tullman	FMM-00		48.24	J Piper	SPM-99		1:45.02	J Piper	SPM-98		3:57.42	J Piper	SPM-97	
65-69	45.61	Ann Champ	FMM-00	1:38.54	Ann Champ	FMM-00		3:37.34	Ann Champ	FMM-00		51.18	Doris McEwan	SPM-94		1:58.54	Doris Prokopi	FMM-00		4:22.93	Doris Prokopi	FMM-00	
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-89		2:00.50	Gertrud Zint	HLJ-89		4:26.48	J Campbell	CATM-00	
75-79	50.82	B Cederlund	SPCO-97	1:49.68	Regan Kenner	FMM-99		4:09.49	Regan Kenner	FMM-99		53.94	Gertrud Zint	HLJ-93		2:02.29	Gertrud Zint	HLJ-96		4:25.09	Regan Kenner	FMM-99	
80-84	1:02.37	Gertrud Zint	IRCC-99	2:22.76	Jean Zulich	SCCS-00		5:09.47	Gertrud Zint	IRCC-99		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	31.98	B Runyon	SWIM-96	1:11.95	Lee Nessel	SPCO-00		2:43.09	Allison Beebe	SPM-99		1:12.25	B Runyon	SWIM-96		2:36.71	Lee Nessel	SPCO-00		5:38.00	Esther Smith	UNA-94	
25-29	30.09	Sudie Miller	HLJ-93	1:07.57	L Welting	FAST-95		2:29.66	L Welting	FAST-95		1:08.66	Lisa Summers	SPM-96		2:29.81	L Welting	FAST-95		5:12.72	L Welting	FAST-95	
30-34	31.42	MDiGiacomo	SWIM-00	1:08.98	Karen Becker	ACTT-99		2:33.31	Linda Visser	SWIM-00		1:13.11	Karen Becker	ACTT-99		2:38.61	Karen Becker	ACTT-99		5:22.89	Linda Visser	SWIM-00	
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		6:02.49	Maud Orlando	SPM-99	
40-44	32.40	C Shonkwiler	ORLM-00	1:14.36	C Shonkwiler	ORLM-00		3:00.51	J Harrelson	SPM-98		1:15.82	Shalfacre	HLJ-96		2:47.87	Judy Tibma	SPM-99		6:04.21	J Harrelson	SPM-98	
45-49	34.65	Anne Grams	UNA-95	1:21.24	Anne Grams	UNA-95		2:57.20	Anne Grams	UNA-95		1:18.40	Deb Walker	SMS-96		2:57.75	Pat Sargeant	FAST-99		6:20.87	Anne Grams	UNA-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		3:10.74	E Bromwich	SPM-93		6:57.84	Jayne Lambke	SPM-89	
55-59	37.70	Jayne Lambke	SPM-94	1:31.26	Jayne Lambke	SPM-94		3:28.37	Jayne Lambke	SPM-94		1:31.20	Jayne Lambke	SPM-96		3:21.23	Jayne Lambke	SPM-95		7:08.26	Jayne Lambke	SPM-96	
60-64	41.82	Jayne Lambke	SPM-99	1:40.35	Jayne Lambke	SPM-99		4:22.37	N Durstein	CATM-93		1:35.60	Jayne Lambke	SPM-99		3:39.23	Jean Garbus	SWIM-95		8:33.38	Jean Sterling	DBMS-00	
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		3:49.03	Florence Carr	SPM-94		8:16.12	Florence Carr	SPM-94	
70-74	47.04	Florence Carr	SPM-96	1:55.64	Jean Troy	FMM-00		4:22.36	Florence Carr	SPM-95		1:43.66	Florence Carr	SPM-95		3:46.89	Florence Carr	SPM-95		8:19.48	Jean Troy	FMM-99	
75-79	54.36	Florence Carr	UNA-00	2:10.03	Florence Carr	UNA-00		5:07.59	June Reynolds	SPM-99		1:55.27	Florence Carr	UNA-00		4:18.77	Florence Carr	FMM-00		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	CATM-89		2:28.45	Gertrud Zint	IRCC-99		5:01.71	Kay Schimpf	SPM-97		11:05.81	Kay Schimpf	SPM-97	
85-89																							
90-94																							
95-99																							

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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 12/31/00)

### M E N

50 FREE			100 FREE			200 FREE			400 FREE			800 FREE			1500 FREE		
19-24	24.79	Nick Mina JAM-94	53.12	Jeff Poppell HLJ-93	1:56.27	Jeff Poppell HLJ-93	4:08.28	Jeff Poppell HLJ-93	8:39.19	Jeff Poppell HLJ-93	16:15.25	Jeff Poppell HLJ-93	17:08.15	AFarrell ORLM-99			
25-29	23.57	Graham Ginn HLJ-98	52.86	Graham Ginn HLJ-98	1:57.15	Paul Robinson ORLM-93	4:10.40	Paul Robinson ORLM-93	8:41.80	Paul Robinson ORLM-93	18:39.50	Ron Collins JAM-96	18:50.49	LarryBlack SWIM-95			
30-34	24.18	John Black HLJ-93	53.62	John Black HLJ-93	2:00.12	CrisWilliams HLJ-93	4:21.63	CrisWilliams HLJ-93	9:07.32	CrisWilliams HLJ-93	18:06.85	LarryBlack SWIM-00	19:12.30	CaseyClafin SWIM-98			
35-39	24.86	Tim McGinnis SPM-93	54.06	Meisenheimer ORLM-94	1:57.31	Meisenheimer ORLM-94	4:16.27	Wm Specht SPM-95	8:58.85	Wm Specht SPM-93	18:06.85	LarryBlack SWIM-00	19:12.30	CaseyClafin SWIM-98			
40-44	25.24	Miltenberger ORLM-93	55.02	Miltenberger ORLM-93	2:03.69	Meisenheimer ORLM-00	4:09.10	Wm Specht SPM-99	9:28.55	LarryBlack SWIM-99	18:06.85	LarryBlack SWIM-00	19:12.30	CaseyClafin SWIM-98			
45-49	25.27	Thomas Peek HLJ-93	56.26	CaseyClafin ATAC-00	2:11.46	Russ Frazier SPM-00	4:39.97	Russ Frazier SPM-00	10:36.69	Scott Guthrie 89	18:06.85	LarryBlack SWIM-00	19:12.30	CaseyClafin SWIM-98			
50-54	26.25	G Woodsum ATAC-00	58.40	G Woodsum ATAC-00	2:15.18	G Woodsum ATAC-00	4:40.94	Rick Walker SWIM-00	9:41.25	Rick Walker SWIM-00	18:15.20	Rick Walker SWIM-00	19:12.30	CaseyClafin SWIM-98			
55-59	29.66	Harold Murray HLJ-99	1:07.15	Harold Murray HLJ-00	2:24.02	Burwell Jones UNA-89	5:23.68	George Mann ORLM-95	11:19.61	George Mann ORLM-95	20:52.21	Burwell Jones UNA-89	22:57.95	JerryGancy ORLM-98			
60-64	30.24	Jack Beattie ORLM-96	1:05.00	Jack Beattie ORLM-94	2:32.10	JerryGancy ORLM-98	5:23.95	JerryGancy ORLM-98	11:49.49	JerryGancy ORLM-98	20:52.21	Burwell Jones UNA-89	22:57.95	JerryGancy ORLM-98			
65-69	30.72	Dren Geer SWIM-99	1:08.55	Dren Geer SWIM-99	2:33.81	Dren Geer SWIM-00	5:37.14	Dren Geer SWIM-00	13:10.48	Chas Kohnken SPM-96	25:03.24	Konrad Euler SPM-00	26:34.88	Paul Hutinger FMM-97			
70-74	31.76	Donald Sonia IRCC-00	1:12.90	Donald Sonia IRCC-00	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	28:18.14	Paul Hutinger FMM-00			
75-79	33.94	Paul Hutinger FMM-99	1:25.23	Paul Hutinger FMM-00	3:26.22	John Woods SWIM-98	6:53.63	Paul Hutinger FMM-00	14:22.68	Paul Hutinger FMM-00	28:18.14	Paul Hutinger FMM-00	34:29.00	Fred Walbolt 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	37:45.56	D Malbrough FMM-98			
85-89	58.76	Peter Jurczyk IRCC-94	2:13.05	Peter Jurczyk IRCC-94	5:20.64	F Tillotson FMM-00	11:04.27	F Tillotson FMM-99	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 ORLM-95	1:00.67	Jeff Poppell HLJ-93	2:10.62	Jeff Poppell HLJ-93	32.99	Jack Thomas SWIM-96	1:10.99	Jack Thomas SWIM-95	2:41.10	Jack Thomas SWIM-96	2:30.94	Rob Butcher DBMS-98			
25-29	28.81	James Smith JAM-95	1:01.38	James Smith JAM-95	2:10.95	Paul Robinson ORLM-93	30.28	Rob Butcher DBMS-98	1:09.02	Rob Butcher DBMS-98	2:39.25	D Doll ORLM-96	2:39.25	D Doll ORLM-96			
30-34	29.27	M Shepardsen ORLM-94	56.07	Martin Zubero ORLM-99	2:17.93	AFarrell ORLM-00	31.52	D Doll ORLM-96	1:12.96	J Patnode SWIM-00	2:38.12	S Grossman SWIM-98	2:36.32	Miltenberger ORLM-93			
35-39	27.54	Wm Specht SPM-93	59.57	Wm Specht SPM-93	2:10.01	Wm Specht SPM-93	33.25	John Galloway SPM-00	1:12.85	John Galloway SPM-00	2:51.68	Rick Walker SMS-95	2:56.44	Van Der Veen SPM-96			
40-44	27.84	Wm Specht SPM-98	59.26	Wm Specht SPM-98	2:09.61	Wm Specht SPM-98	30.80	Miltenberger ORLM-93	1:07.98	Miltenberger ORLM-93	2:51.68	Rick Walker SMS-95	3:05.11	Peter Betzer SPM-99			
45-49	28.81	CaseyClafin SWIM-99	1:03.19	CaseyClafin SWIM-00	2:21.84	CaseyClafin SWIM-00	32.68	Miltenberger ORLM-96	1:13.30	Miltenberger ORLM-96	2:56.44	Van Der Veen SPM-96	3:05.11	Peter Betzer SPM-99			
50-54	34.90	Bill Pillmore 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	2:56.44	Van Der Veen SPM-96	3:05.11	Peter Betzer SPM-99			
55-59	34.80	Burwell Jones UNA-89	1:15.33	Burwell Jones UNA-89	2:47.96	Burwell Jones UNA-89	34.06	Scott Guthrie UNA-99	1:17.79	Scott Guthrie UNA-99	3:05.11	Peter Betzer SPM-99	3:26.09	David Gifford CATM-00			
60-64	34.05	Jack Beattie ORLM-94	1:13.55	Jack Beattie ORLM-94	2:40.75	Jack Beattie ORLM-94	38.40	Tom Koenig HLJ-93	1:29.62	Pete Arnold FMM-97	3:23.57	R MacDonald SPM-95	3:24.72	R MacDonald FMM-98			
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	4:03.44	Paul Hutinger FMM-99			
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	1:31.38	R MacDonald FMM-99	4:03.44	Paul Hutinger FMM-99	4:43.42	D McCullough FMM-99			
75-79	38.38	Paul Hutinger FMM-99	1:25.13	Paul Hutinger FMM-00	3:12.53	Paul Hutinger FMM-00	46.65	Paul Hutinger FMM-00	1:47.89	Paul Hutinger FMM-99	4:43.42	D McCullough FMM-99	6:47.02	D Malbrough FMM-98			
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	2:10.47	D McCullough FMM-99							
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 ORLM-94	57.54	Jeff Poppell HLJ-93	2:07.64	Jeff Poppell HLJ-93	1:03.54	Jack Thomas SWIM-95	2:11.25	Jeff Poppell HLJ-93	4:44.27	Jeff Poppell HLJ-93	4:52.77	Paul Robinson ORLM-93			
25-29	26.23	Jack McKean HLJ-93	1:01.98	Paul Robinson ORLM-93	2:29.30	Stuart Barton DSMC-96	1:02.24	Graham Ginn HLJ-98	2:13.96	Paul Robinson ORLM-93	5:08.11	CrisWilliams HLJ-93	5:08.11	CrisWilliams HLJ-93			
30-34	27.13	Jack McKean HLJ-94	1:01.20	Stuart Barton SPM-98	2:15.59	Wm Specht SPM-92	57.03	Martin Zubero ORLM-99	2:23.54	CrisWilliams HLJ-93	5:21.10	John Galloway SPM-00	5:12.29	Kevin Drake ORLM-98			
35-39	25.89	Wm Specht SPM-93	57.02	Wm Specht SPM-98	2:06.48	Wm Specht SPM-94	1:03.94	M Shepardsen ORLM-95	2:21.99	John Galloway SPM-00	5:12.29	Kevin Drake ORLM-98	5:17.55	Thomas Bliss SPCO-00			
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 ORLM-93	2:27.15	Kevin Drake ORLM-98	5:17.55	Thomas Bliss SPCO-00	6:01.13	Bill Pillmore HLJ-99			
45-49	27.79	K McCormack SWIM-98	1:01.15	K McCormack SWIM-00	2:29.99	John McCall SPCO-98	1:04.93	CaseyClafin SWIM-00	2:26.79	S McMillen IRCC-99	6:01.13	Bill Pillmore HLJ-99	6:05.05	Burwell Jones UNA-89			
50-54	30.97	Fred Lipp ORLM-94	1:12.05	Fred Lipp ORLM-94	3:02.14	E Leskovitz HLJ-89	1:13.35	Gary Trimble SPM-93	2:44.34	Bill Pillmore HLJ-99	6:05.05	Burwell Jones UNA-89	7:10.81	Chas Kohnken SPM-92			
55-59	31.62	John Wagner SWIM-98	1:20.28	T Mahaffy HLJ-93	3:22.23	Dren Geer SWIM-98	1:13.57	Burwell Jones UNA-89	2:49.03	Jack Beattie ORLM-94	7:10.81	Chas Kohnken SPM-92	7:01.47	Paul Hutinger SPM-94			
60-64	35.72	Don Puchalski CATM-00	1:26.56	Dren Geer SWIM-98	3:15.07	Dren Geer SWIM-00	1:24.65	Dren Geer SWIM-98	2:49.03	Jack Beattie ORLM-94	7:01.47	Paul Hutinger SPM-94	8:00.40	Paul Hutinger FMM-00			
65-69	35.41	Paul Hutinger SPM-93	1:31.18	Dren Geer SWIM-99	3:44.03	Joe Kurtzman FMM-97	1:19.90	Paul Hutinger SPM-93	2:36.14	R MacDonald FMM-98	8:00.40	Paul Hutinger FMM-00	10:45.22	D McCullough FMM-99			
70-74	35.13	Paul Hutinger SPM-94	1:33.00	R MacDonald FMM-99	4:34.32	J Johnston SPM-92	1:23.04	Paul Hutinger SPM-94	4:29.34	J Johnston SPM-94							
75-79	39.79	Paul Hutinger FMM-00	2:02.84	Paul Hutinger FMM-00	5:25.39	J Johnston SPM-95	1:32.31	Paul Hutinger FMM-00	4:39.83	J Johnston SPM-95							
80-84	1:07.27	D McCullough FMM-99	2:37.27	J Johnston SPM-96			2:22.40	F Tillotson SPM-95									
85-89	1:39.42	F Tillotson FMM-99					2:37.56	F Tillotson FMM-99									
90-94																	
95-99																	

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# FLORIDA LMSC RELAY RECORDS

## Short Course Meters (As of 12/31/00)

200 FREE-WOMEN			200 MEDLEY-WOMEN			400 FREE-WOMEN			400 MEDLEY-WOMEN			800 FREE-WOMEN		
76+	2:06.79	Sirbu, Hall McNiece, Ries ORLM-93												
100+	1:58.34	Steele, Aguilar Hansen, Sutton HLJ-94	2:15.33	V Der Molen, Acker D'O'Brien, Keller ORLM-95		4:18.93	Junkerman, Brown Trompke, Petersen SPM-00							
120+	1:58.49	D & H O'Brien Hartle, Keller ORLM-95	2:12.76	Tibma, Orlando Sh'wiler, Petersen SPM-98		4:22.74	Beebe, Shonkwiler Moses, Petersen SPM-99		5:41.39	Swanson, Flanagan Stauch, Oleksy SPM-95		10:48.31	Oleksy, Swanson Flanagan, Stauch SPM-95	
160+	2:03.36	Tibma, Moses Geiger, Petersen SPM-00	2:22.16	Dodd, Walker Seal, Kolbe SWIM-98		5:03.95	Rowe, Lefevre Cook, Sidell HLJ-00		5:23.16	Orlando, Flanagan Moses, Geiger SPM-99		11:00.62	Harrelson, Swanson Geiger, Leadbetter SPM-00	
200+	2:36.49	Brewer, Steer Geiger, Lambke SPM-99	2:44.33	Geiger, Harrelson Lambke, Bromwich SPM-98		5:48.78	Lambke, Steer Harrelson, Swanson SPM-99		6:43.73	Swanson, Steer Harrelson, Lambke SPM-99				
240+	2:53.73	Sterling, Zint Veater, Glaraton HLJ-95	3:30.15	McEwan, Steer Olsen, Allen SPM-94		7:02.84	K-Perry, Atwood Steer, Piper SPM-00		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	1:53.48	Black, Williams McKean, Poppell HLJ-93										
120+	1:39.49	McKean, Williams J Black, Peek HLJ-93	1:54.98	Salomon, Vaile Specht, McGinnis SPM-93		4:00.13	Weiss, Keen, Hynes Schlichenmaier ORLM-00		4:45.02	Bateman, Turner McCall, Finney SPCO-99				
160+	1:44.23	Ehmke, Miltenberger Scray, Meisenheimer ORLM-96	1:54.08	S'pardson, M'berger Ehmke, Msenheimer ORLM-96		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					4:46.31	Hefner, Donnelly McCormack, Brewer SWIM-00				
240+	2:07.68	Weatherbee, Beattie Sirbu, Glancy ORLM-96	2:28.61	Hutinger, Trimble Kohnken, Ferris SPM-93		6:00.31	Maloney, Perry Yost, Kohnken SPM-95		8:24.60	Everhart, Tillotson Swanigan, Smith FMM-00				
280+	2:21.20	MacDonald, Hutinger Unger, A Kurtzman FMM-99	2:31.20	Hutinger, M'Donald Kurtzman, Maloney FMM-97		5:47.99	Hutinger, Maloney Schlegel, MacDonald FMM-00		6:50.03	Hutinger, Schlegel Maloney, Williams FMM-99		14:59.48	Tillotson, Hutinger Maloney, Everhart FMM-00	
320+	4:04.84	Tillotson, Starr McC'lough, M'brough FMM-99	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+	1:55.85	Hall, Charmforoosh Sirbu, Brancato ORLM-93	2:03.94	Brancato, Perry Sirbu, Matthews ORLM-94										
100+	1:49.49	Thomas, Sutton Runyon, Faubel SWIM-96	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+	1:58.02	Galloway, J'kerman Ferris, Petersen SPM-00	2:07.79	Tibma, Stein Galloway, Petersen SPM-00		4:51.26	Milligan, Orlando Bastie, Shonkwiler SPM-98					10:47.61	Ross, Betzer Geiger, Leadbetter SPM-95	
200+	2:11.62	Dodd, Garbus Worthington, Clafin SWIM-00	2:20.09	Clafin, D Walker Geer, Dodd SWIM-00					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	2:52.40	Avery, Harrelson Lambke, Ferris SPM-98		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		6:34.16	P Hutinger, Maloney Tullman, Troy FMM-00		13:32.79	Maloney, Schimpf Carr, MacDonald SPM-95	
320+	3:36.87	Reynolds, Walbolt Schimpf, Johnston SPM-97	4:00.28	Tillotson, Kenner Olsen, Malbrough FMM-99		8:18.35	Johnston, Schimpf Walbolt, Reynolds SPM-97							

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**FLORIDA LOCAL MASTERS SWIM COMMITTEE STATEMENT OF REVENUES AND EXPENSES  
FOR TWELVE MONTHS ENDED DECEMBER 31, 2000 - MEEGAN WILSON, TREASURER  
REVISED**

<b>REVENUES</b>	
Registrations (Individual, One Event, Club, Transfers, Contributions)	\$26,428.50
Sanction Fees	300.00
Records Top 5	87.00
Equipment (scanner)	292.18
Interest (Certificate of Deposit 6mo.)	249.45
Donation	33.00
Convention (overpayment/reimbursement 1999)	54.84
Newsletter Subscription	6.80
<b>Total Revenues</b>	<b>\$27,451.77</b>
<b>EXPENSES</b>	
Registrations (Individual, One Event, Club, Transfers, Contributions)	\$17,293.00
Newsletter	4,401.58
Postage	931.21
Convention	2,316.38
Fees on Registrations	400.50
Top Ten Processing Fees	60.00
Office Supplies	251.96
Rule Books (6)	66.00
Annual Incorporation Fees	61.25
Copying Costs	224.17
Telephone	20.00
Service Charge	13.10
<b>Total Expenses</b>	<b>\$26,039.15</b>
<b>Net Excess (Deficiency) of Revenue Over Expenses</b>	<b>\$1,412.62</b>

**STATEMENT OF ASSETS, LIABILITIES AND FUND BALANCE AS OF DECEMBER 31, 2000**

<b>Assets</b>	
Cash Checking Account (12/31/00)	\$ 10,458.87
Certificate of Deposit (10/26/00 - 4/26/01 @5.60%)	5,249.45
<b>Total Assets</b>	<b>\$15,708.32</b>
<b>Liabilities</b>	
	<b>\$ None</b>
<b>Fund Balance</b>	
Balance as of December 31, 1999	\$3,283.70
Cash (12/31/99)	6,012.00
Certificate of Deposit (12/31/99 [old rate 5.03% new rate 5.60%])	5,000.00
Excess of Revenue Over Expenses for 12 Months	1,412.62
<b>Total Fund Balance</b>	<b>\$15,708.32</b>
<b>Total Liabilities and Fund Balance</b>	<b>\$15,708.32</b>

**2000 BUDGET REVENUES AND EXPENSES JANUARY 1 - DECEMBER 31, 2000**

REVENUES	Budget 2000	Actual Income 2000	VARIANCE
Registrations,net	\$11,500.00	\$ 9,135.50	(\$2,364.50)
Sanctions	350.00	300.00	(50.00)
Interest	100.00	249.45	149.45
Other	50.00	486.32	436.32
<b>TOTAL</b>	<b>\$12,000.00</b>	<b>\$10,171.27</b>	<b>\$ (1,828.73)</b>
EXPENSES	Budget 2000	Actual Expenses 2000	VARIANCE
Newsletter	\$5,000.00	\$4,401.58	\$ (598.42)
Postage	2,000.00	931.21	(1,068.79)
Convention	3,000.00	2,316.38	(683.62)
Registration Fees	450.00	400.50	(49.50)
Top Ten Fees	200.00	60.00	(140.00)
Office Supplies	700.00	251.96	(448.04)
Other	250.00	384.52	(134.52)
<b>TOTAL</b>	<b>\$11,600.00</b>	<b>\$ 8,746.15</b>	<b>\$ (2,853.85)</b>



**Letter  
from the  
Treasurer**

*Your Florida LMSC is  
in need of a volunteer  
who can audit our  
books. Please contact  
me at: [wilson@afn.org](mailto:wilson@afn.org)  
or 352-373-0023 if you  
can help.*

*Thank You,*

*Meegan Wilson*



## NEWS FROM



## AROUND THE LMSC

### CAT MASTERS



The month of March has been an active one for many CATM swimmers. At the 2001 Polk Senior Games, Alex Ramirez-Miller took 5 first places in the 100 and 200 free, 100 and 200 back, and the 400 IM. He also placed well at the Games for Life in Sarasota in all 5 of his events, while Joan Campbell took 6 first places at the same meet.

On March 25, a number of CATM participated in the Senior Games for Life, held at the Long Center. Joan Campbell won 6 gold medals, and broke Games records in the 200 breast and back. Nancy Durstein set the record in the 100 fly. Bob Lavanture took 7 medals in addition to his billiards success (see below). Alex Ramirez Miller won 5 medals including a first in the 400 M free and 2<sup>nd</sup> in the 200 M free. Elliott Schofield also placed well, despite the fact that he is still recovering from hip replacement surgery.

In addition to swimming, Bob Lavanture played pool, eight ball that is. He was undefeated after 18 games and won the gold in the 69 and up division. Way to go champ!

CATM had a great showing at the St. Pete Masters Short Course Swimming Championships held the last weekend in March, placing 7<sup>th</sup> out of 36 participating teams. There were numerous outstanding swims, and three highpoint trophies taken by our team. Joan Campbell and Dave Gifford both took 2<sup>nd</sup> place, while Nancy Durstein was awarded 3<sup>rd</sup>. Congratulations to you and all CATM participants.

The Florida LMSC Top 5 for Short Course Meters, 2000 results are also in. Quite a few CATM swimmers proved that they are indeed the cat's meow: Joan Campbell, Nancy Durstein, Rob Campbell, Mike Smith, Dave Gifford, and Don Puchalski. All had several swims in the top five, with three members taking the number one spot and setting LMSC records at the same time: Dave in the 200 breast, Don in the 50 fly and Joan in the 200 breast.

CATM would like to welcome our new members for 2001: Marilyn Belson, Brandi Broga, Eve and Shawn Dietrich, Darrell Edrich, Dave Gifford, Andrew Halstead, Heidi Heuchan, Todd Hinrichs, Mary Hoffman, Anita Irons, Jerry Magliulo, Javier Murva, Lois Naderi, Michael Ries, Alex Santos, Sandra Shelton, Brian Smith, Kim Thinel and Gary Urso. Look for some fast swims this year from these newcomers and from those members returning to competitive swimming after a long hiatus.

CAT Masters would also like to wish all those swimmers participating at Y-Nationals the

very best of luck, may your lane be wet and your goggles dry!

- Anita Irons

### DIANETICS SWIM TEAM



DST had a great showing at the SPM Short Course Championships this past March. Kitty Magness, Gertie Perry and Cathy Kamhi comprised our women team while Bob Magness and Brian Smith held down the fort for the men. We finally had enough swimmers present at one meet to participate in some relays! ☺ We would like to congratulate Cathy and Brian for their first ever Master Swim Meet. Both took home some ribbons! Gertie also took home 2<sup>nd</sup> place in High Points. We'd like to thank SPM for another great meet - we love coming to your events.

Brian Smith is getting the swim meet circuit down: he brushed up on skills during 2 developmental meets in St. Pete.

After the St. Pete LMSC Meeting, Kitty and Gertie have been thinking about where the Awards Banquet should be, what awards

should be given and how it should be arranged. This is coming along nicely and we enjoy doing it.

Gertie Perry ventured out on her own and attended YMCA Nationals in Sarasota (What a GREAT pool!). Swimming 5 events (1,650 free, 1,000 free, 400 IM, 200 free and 100 back), she produced personal best times and managed to snatch up 4 medals. Well done!

Three of our women - Kitty, Cathy and Gertie - participated in the annual Bikini Cup Race in Clearwater. This is a sail boat race that is organized for women who don't know much about sailing. We enjoyed getting out in the water in a different way. Cathy's team placed 2<sup>nd</sup> as did Gertie's. It was a fun day.



Last but not least, we hear wedding bells for Brian at the end of May. CONGRATULATIONS, Brian!

-Kitty Magness

### FOREST HILLS AQUATICS



Several FHA swimmers attended the St. Pete Short Course Championships this March. Above is a team photo from that meet. We enjoyed being there. Thanks! ☺

### GATOR SWIM CLUB

#### *Gator Swim Club*

Hi, I am Dann Kerr, the Masters coach up here in Gainesville.

Our masters program is an integral part of the Gator Swim Club, helping us function financially, helping the club host great age group competitions, such as short course JO's in a few weeks. Our membership is at about 70 right now, predominantly triathletes and swimmers trying to stay in shape. The swim meet contingent is relatively small. We are located on the UF campus, where we practice in the same pools as the Gators. Occasionally, the college coaches hop in with us.

The club in its present form has existed only since Matt Cetlinski founded it at the beginning of last year. Gator Swim Club is a privately-owned organization, whereas FAST was a non-for-profit, parent-board run organization that was plagued by problems over the last several years of its existence. Matt, former Gator Olympian and national record holder (400m Freestyle) has brought the club as a whole back into being competitive with the age group program and stable in its masters' membership numbers.

More news next time,  
Dann

### HAMMER HEAD SWIM CLUB

The Hammer Head Swim Club of the Winter Park YMCA had a special event this past week. We had an underwater videographer come and tape some of our swimmers, which included on-site editing. The cool part was that we

could take the tapes home that day. It was a great experience at a reasonable price and we didn't have to attend a swim camp to obtain it. More teams should look into this not only as an instructional tool, but as a fundraiser (the taping was \$20 per person, and I asked for a \$5 contribution for the club).

Terri Pyle  
Coach HHSC

### IRCC

This year's IRCC Craigie Meet was a success. IRCC picked up a number of new swimmers as a result. About 120 swimmers attended. Everyone had a great, there were memorable "Craigie" T-shirts and good food for all.

Everyone in attendance helped honor Anne Wilder who unfortunately had taken another fall and was not able to swim. But, she was gracious, as always.

One IRCC woman, Jean, attended St. Pete Short Course Championships and took home several first places as you can see below.



Our 25-yard pool has been re-lined and our present pool manager is really keeping the facility in top-notch condition. We love to have visitors drop in for workouts, 7-9

visitors drop in for workouts, 7-9 a.m. and/or 5-7p.m. We also have Free-Swim from 12-2p.m. if you want to swim laps (sans coach). Anyone interested, call or e-mail me at (561) 878-8830 or [flnewman@aol.com](mailto:flnewman@aol.com)

We are also proud to announce that the IRCC Men & Women came through again at Nationals.

Marj Newman

### JAX



Several JAX swimmers attended the St. Pete Short Course Championships this March. Above is a team photo from that meet. We enjoyed being there. Thanks! ☺

### LAKE COUNTY AQUATICS

Unfortunately, we have not much to share this quarter. We practice at two pools, and one pool has been closed for repairs all winter and just opened recently. The pool that remained open was at our local YMCA which many of our swimmers are not members or it was a distance to travel.

Almost all of our Master Swimmers have children who are members of our USS club. Some of their meets have been conflicting with the USMS meets and our parents opted to support their children who did well in their meets!

Now, we are back in the pools and hope to attend some upcoming

masters meets. I do know that we will have some representation at the YMCA Nationals as well as the USMS Nationals.

Thank you.  
Rene James  
Coach

### MAVERICK MASTERS

#### One Hour Postal & National Record

Thirteen Mavericks braved the extra cold winter by swimming an hour in January, for the annual One Hour Postal. Malbrough, 3<sup>rd</sup>; Cleaveland, P Hutinger and McCullough, 4<sup>th</sup>; Zint and Holden, 5<sup>th</sup>; and Bond, 6<sup>th</sup>.

Other gutsy participants included: Zappa, Thompson, M Hutinger, Everhart, Schlegel and Luke. The octogenarians, featured in SWIM Magazine, last summer for their 85+ 200 relays, weren't content with the sprint events. McCullough, Malbrough and Holden expanded their horizons and established a new National record in the 85+ men's One Hour Postal relay, with yardage of 6235. We love our role models!



#### 2nd Place at Clearwater

The Florida Mavericks came within 64 points of upsetting the perennial winners, SPM. We were elated with the certificate acknowledging our award, and pleased with our cash prize. The Mavericks like having the complete freedom to decide what to do with the awards our team wins. Thanks, CATM. High point winners of the Valentine's Day mug were Carr, Prokopi, Tullman, P Hutinger and

Starr. Homans, Zint and Williams came in 2<sup>nd</sup> and Olsen, Schafer and MacDonald, third. Other Mavericks that rounded out our crew of eighteen included Bond, Ferradji, M Hutinger, Luke, Maloney, Vijil and Zappa. The camaraderie extended on Sat, after the meet, as thirteen hungry swimmers dined at Carrabbas.

#### St. Pete Meet & National Record

Although awards weren't given for men's and women's visiting teams, the nine Maverick women placed first. The combined men's and women's teams placed 4th, among the 34 visiting teams. We had many exceptional performances and personal best times. Florence Carr's National record in the 100 IM was the outstanding swim from our team. She swam it in 1:41.86, breaking the previous record of 1:41.96 in the 75-79 age group. High point winners were: Tullman, Prokopi, Carr and Hughes. P Hutinger came in third. Others Mavericks contributing points were Zappa, Lee, Homans, Everhart, Troy and Maloney.

Paul Hutinger, Team Representative

### PATRIOT AQUATICS MASTERS

My name is Casey and I am going to expand and enhance the masters swimming program at Lake Brantley High School: The Patriot Aquatics Masters. My goal is to be on the pool deck for most practices doing set workouts and giving stroke instruction (for those who would like some help). If I can't make it to practice, assistant Martin Zubero will try to be available. Or, I will post a workout or two and will notify the swimmers in advance. I have 38 years of competitive swimming experience and look forward to helping anyone who would like to become a better and more



confident swimmer..... whether recreational, competitive or tri-athlete. I will also be available for private lessons by appointment (call the Lake Brantley HS Aquatic Center @ (407) 862-2207).

Starting April 30 practice sessions will be held:

Mon-Wed-Fri 6:00am-7:30am  
M-Tu-W-Thu-F 11:30am-1:00pm  
M-Tu-W-Thu-F 6:30pm-7:45pm

I am sure that you will be hearing more good news from our team in the future.

Thank you,  
Casey Chaflin  
(407) 622-5346

#### SPACE COAST MASTERS



On January 20th and 27th, most of the 16 SPCO Masters swimmers did their thing in the One Hour Postal Swim. We had 17 swims but only 16 participants. This event is so much fun, that one swimmer did it twice. Lee Nessel swam the first time on January 13th as a 24 year old (4,738 yards). She aged up on the 15th of January and proceeded to swim it again on the 27th of January (4,740 yards). It was an awesome swim.....twice!!! The team swam a total of 53,230 yards. Thanks to our statistician, Al Rogerson who calculated that we swam 30.24 miles!! We were happy to welcome Howard Peterson, Nancy Price and Dick Van Horn as first time swimmers. We had 6 top ten finishes. Two from Lee in the 19-24 and 25-29

age groups, as well as Angie Sinacore (70), Bunny Cederlund (75) Al Rogerson (75) and Bob Sigersmith (76). Our relays came in 2nd, 3rd, 4th, and 5th.

Ten Space Coast Masters swimmers were listed among the United States Masters Swimming Top Ten times of the year for 2000. The national rankings are divided into three categories based on results from all the year's meets swam in short course yards (25-yard pool), short course meters (25-meter pool) and long course meters (50-meter pool.) Amanda Pagon and Lee Nessel swam the fastest time of the year in one event each in their respective age groups. Pagon lead the 25-29 age group 200 back-

stroke for short course meters in 2:29.06. Nessel topped the 19-24 short course 200-meter freestyle in 2:14.96. Tom Bliss turned in the most Top Ten times with 12 rankings in the 45-49 age group. Pagon turned in 11 Top Ten times and Nessel tallied seven. Nate O'Connell (80-84) and Sarah Tyler (55-59) each earned six rankings. Bob Sigersmith (75-79) had five Top Ten times, Bunny Cederlund (75-79) had four, Al Rogerson (75-79) had three, and John McCall (45-49) and Dave Thomas (65-69) each had one.

As always, the Space Coast Masters are looking forward to the Indian River Meet and expect a large team participation.

#### ST. PETE MASTERS

On March 29, St. Petersburg's Mayor, David Fischer, made special recognition of George Bole and the St. Pete Masters at his last City Council meeting. Mayor Fischer presented Coach Bole with a proclamation which stated that "under the guidance of Coach George E. Bole, the St. Pete

Masters is recognized as one of the best masters teams in the United States". The proclamation



concluded with these words: "It is fitting and appropriate to recognize these athletes and their coach for both their personal accomplishments and also their collective contributions to our community as ambassadors throughout the country and the world. Now, therefore, I, David J. Fischer, Mayor of the City of St. Petersburg, do hereby proclaim the month of April 2001 as ST. PETE MASTERS MONTH with special recognition to: Coach George Bole and ask all citizens to join me in recognizing The St. Pete Masters as official representatives of the City of St. Petersburg."

Coach Bole was honored at the 31st annual short course yards championship meet with a special T-shirt which was given to each swimmer. Special luggage tags were given in memory of Jayne Lambke. SPM has established the Jayne Mann Lambke award which will be given each year at the spring meet to the woman who wins the 50 yd. freestyle event in the 60-64 age group. The first recipient of this award was Patricia Tullman of the Florida Maverick Masters who won the event with a time of 36.00 seconds.

SWIM Florida won the visiting team trophy and elected to

give their winning contribution of \$50 to the Jayne Mann Lambke fund. Thank you, SWIM Florida, for your generosity and your loving spirit.

## SWIM FLORIDA



### Five are individual All-Americans, 18 relay All-Americans

Special congratulations go to our 2000 USMS individual All-Americans Casey Clafin (4 events), Sylvia Eisele (3 events), Dren Geer (3 events), Kevin McCormack (2 events), and Deb Walker (3 events). Congratulations also go to the members of our five 2000 USMS All-American relay teams: in long course, Men's 800 free (160+: Rick Walker-Bert Bowers-Rob Irving-Chris Warren), and (200+: Jim Donnelly-Robert Davie-Bob Rounds-Brian Worthington), and Mixed 800m free (240+: Dren Geer-Chris Gilligan-Jean Garbus-Jim Redic); and in short course meters, Mixed 200m Medley (200+: Casey Clafin-Dren Geer-Deb Walker-Martha Dodd) and Men's 400m Medley (200+: Dave Hefner-Jim Donnelly-Kevin McCormack-Dick Brewer).

### New swimmers make big splashes

SWIM Florida members from Collier and Sarasota Counties earned multiple blue ribbons at February SCY meets in Clearwater and Ft. Lauderdale. Swimming in their first meets for SWIM were Glenn White and John Knorr. The entire team, joined by first-time SWIMmers Monroe Smith, Rick Hall, Rudy Vazmina, and Jan Soderstrom, captured the High

Point Visiting Team award at the March St. Pete meet.

### SWIM hosts zone championships

SWIM Florida is hosting the 2001 Dixie Zone Long Course Championships June 23-24 at the Arlington Aquatic Complex in Sarasota. Featured events are the 400m medley relays on Saturday and the 800m free relays on Sunday where more Top 10 and All-American swims are expected. There is no per-team charge for relays although all relay swimmers must be registered entrants in the meet and have paid the regular meet fee. Specially designed Zone Championship ribbons will be awarded in each event, custom ceramic 1st, 2nd, and 3rd place trophies will be awarded in both the large and small Visiting Team categories, individual high point awards will be given, and unique awards will be given to all swimmers bettering existing Florida LMSC long course records regardless of the swimmers' home LMSC's. There will also be special trophy for the meet's Most Valuable Swimmer.

Information, a map to the pool and nearby motels, and an entry form are available on the SWIM Florida web site ([swimflorida.org](http://swimflorida.org) -- click on News) and on the Dixie Zone web site ([dixiezone.home.att.net](http://dixiezone.home.att.net) -- click on Meets). Results will be published on the SWIM Florida web page with a link to them on the Dixie Zone meets page.

Returning by popular demand are the Party-in-the-Park with food and drink after the relays on Saturday and the free Sunday breakfast at poolside with fruit, bagels, and drinks provided by the Sarasota swimmers.

Entry Forms can also be found at <http://swimflorida.org/2001meet.pdf>

## TAMPA TARPONS

The Tampa Tarpons want to thank all our members who were able to participate in the Short Course Championships in St. Pete. We had a high percentage of our swimmers turn out for the meet and everyone contributed points to our 8<sup>th</sup> place finish overall. We especially enjoy seeing our triathlete members competing in those distance events, new members swimming with us in a meet for the first time, and even those swimming in a meet for the first time ever! It's a unique experience and everyone enjoys getting to hang out together as much as the swimming - thanks to St. Pete for putting on a great meet at a great facility.



Best wishes go out to St. Pete coach George Bole in his retirement. His generosity with sharing his knowledge and love of swimming extend to all swimmers, not just his own. We appreciate his conducting a mini-clinic with us a couple years back as well as serving as a mentor coach to Tarpons coach Keryl Frost.

The Tarpons continue to practice at the Central City YMCA in Tampa and it won't be long before we will be back at Bobby Hicks this summer for some Long Course practices. Soon the memories of the cool winter practices in the heated water and our Holiday Hay Ride/Cookout all bundled up in freezing weather will be all we have left to keep us cool in the hot summer ahead. Oh boy.

The Tarpons would like to take this opportunity to thank our coaches - Keryl Frost and Bret Hamlin - for all their hard work and dedication. Without them there would be no Tampa Tarpons - they volunteer their time and energies to making our team a place for good swimming, good friends and good fun. Thanks!

# OPEN WATER INFO

I wanted to let you know about our "Hurricane-Man" 2.4 mile Rough Water Swim and the 1000 meter "Pass-a-Grille Challenge" open water swims. They were held at 7:30 AM on May 12, 2001, on St. Pete Beach, Florida. These races are sponsored by St. Pete Masters and St. Pete Aquatics swim teams and are fully sanctioned by USMS and USA Swimming. This is the 5th Annual race and we look forward to having more USMS swimmers enter these races.

Thanks,  
Bruce Day  
Race Director  
(727) 345-1629

~~~~~

The Open Water swimming season is upon us! The Lean Cuisine Ocean Mile Swim Series, one of the featured events of the Publix Family Fitness Weekend program, will consist of 10 races this season throughout Florida, Georgia, and the Bahamas. Lean Cuisine Swims are a mile in length and take place at a number of great sites and beaches in our region.

The Series is a great way to get

exposed to open water swimming and to enjoy some outstanding local competition! In addition, participants receive great amenities like race t-shirts, awards for the top 3 in all male/female divisions, electronic timing, and a great pre/post race buffet courtesy of Publix Supermarkets and program partners like Nestle, Dannon, Natural Spring Water, Coca-Cola, Powerade, Yoplait Yogurt, and many more. Entry fees are just \$12.00 pre-registered, and \$15.00 the day of the race.

I'd appreciate it if you could "spread the word" to your constituency! We want to see more people involved, and at the same time want to introduce swimmers to other endurance sports like triathlons and running. If you have any questions, please feel free to e-mail me or call at (561) 241-3801 x112.

The two links below will get you to our home pages. Thanks in advance for your considerations!

SEE YOU AT THE SWIM START!

T.J. Cesarz  
Exclusive Sports Marketing

<http://www.palmtreesportsclub.com/index.cfm?cat=17&=21496>  
(swimming home page)

<http://www.palmtreesportsclub.com>  
(website home page)

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Special Thanks  
go out to Bob  
Magness from  
the Dianetics

Swim Team for his continuous  
computer help to me while I  
produce these newsletters.

☺ Gertie Perry, Editor



I hope that you have enjoyed this issue of the FL LMSC Newsletter although I have gotten it out somewhat late, for which I apologize.

The next issue's deadline is July 15, 2001.

Please e-mail me your team's news and any photos you may want me to consider for inclusion in the next newsletter:

GERTRAUDP@MSN.COM



# 2001 Dixie Zone Long Course Championships

## 24th Annual Sarasota-SWIM Florida Masters Long Course Meet

June 23-24, 2001 • Arlington Aquatic Complex, Sarasota FL

Sanction pending by Florida LMSC for USMS

Meet director: Dren Geer 941-966-3818

- DATES & TIMES** Saturday, June 23: 1500 free warm up at 8 AM, swim at 9 AM – other events warm up no earlier than 11 AM  
Sunday, June 24 warm up at 9 AM, swim at 10 AM  
Free juice, rolls, bagels, fruit available on deck Sunday morning, compliments of the Sarasota swimmers.
- FACILITY** The Arlington Aquatic Center pool has eight nine-foot wide lanes with a separate 25-yard warm down pool. Colorado Timing with hand-held back-up watches will be used.
- ELIGIBILITY & RULES** Open to registered MASTERS, age 19 years and older. Meet age is your age on December 31, 2001. **A copy of your 2001 USMS Registration Card MUST be attached to the entry form** or the entry will not be accepted. Non-US citizens should have a letter of introduction from their own swimming associations. 2001 USMS rules govern.
- ENTRIES** Each swimmer is limited to five individual events per day plus relays. The entry fees are \$2.50 per individual event, a \$1 Dixie Zone championship fee, and an \$8 meet surcharge for all swimmers. Enclose a SASE if you wish confirmation your entry was received. Make checks payable to **SMS/SWIM Florida Masters**.  
Mail entries to: Chris Gilligan Questions? phone: (941) 358-3122  
3008 Bayshore Road e-mail: h2ogill@home.com  
Sarasota, FL 34234
- DEADLINE & SCRATCH** **All meet entries must be RECEIVED by mail on or before Friday, June 15, 2001.** If you are unable to attend, contact Chris Gilligan no later than June 19 and your money will be refunded. Swimmers not reporting to the blocks for their heats will be scratched.
- SEEDING** Entries will be seeded by time and gender, slowest to fastest. Relays, the 400 free, the 400 IM, and the 1500 free will be deck seeded. **No Time** event entries will not be accepted. All events are timed finals. Be sure seed times are for *long course meters*.
- RELAYS** GO FOR A NATIONAL TOP 10 TIME IN OUR 800 FREE RELAY and 400 MEDLEY RELAY EVENTS!  
Relays will be deck entered and seeded a half-hour prior to the race. All relay swimmers must be registered with the meet, have a signed waiver, and paid the \$8 meet surcharge. There is NO event charge for relays.
- AWARDS & SCORING** Ribbons will be awarded to 1st–5th place individuals and 1st–3rd place relays. Awards will be given for **Individual High Point** in each age group and for bettering Florida LMSC records. Scoring: 9-7-6-5-4-3-2-1 points for individual events and double points for relays. **Combined high point visiting team** awards will be given to the top five teams.
- HEAT SHEET & RESULTS** A heat sheet will be furnished to each registered swimmer. One free copy of the meet results will be sent to each team. **Additional** results may be ordered for \$3 each on the entry form. Meet results will be posted on the SWIM Florida Masters web site's News page by June 30 (swimflorida.home.att.net).
- SOCIAL** Join us for our infamous social-in-the-park Saturday after the relays. Food, drink, and fun provided by the Sarasota Masters swimmers. Sign up at \$6/person on the entry form.
- PARKING** Parking is in the lot at the facility and across the street in the designated area.
- |                        |   |   |  |
|------------------------|---|---|--|
| <b>ORDER OF EVENTS</b> | <b>SATURDAY</b><br><u>w/m event</u><br>(warmup 8 AM, swim @ 9 AM)<br>1/2 1500 free<br>(warmup no earlier than 11 AM)<br>3/4 200 breast<br>5/6 50 back<br>7/8 400 IM<br>9/10 200 free<br>11/12 50 fly<br>13/14 200 back<br>15/16 100 fly<br>17–19 400m medley relays | <b>SUNDAY</b><br>(warmup 9 AM, swim @ 10 AM)<br><u>w/m event</u><br>21/22 200 IM<br>23/24 100 free<br>25/26 50 breast<br>27/28 400 free<br>29/30 100 back<br>31/32 50 free<br>33/34 200 fly<br>35/36 100 breast<br>37–39 800m free relays | Don't forget that this is a long course <b>meters</b> meet. Be sure (1) your seed times are for long course meters, and (2) your meet age is your age on December 31, 2001.<br><br>Positive check in for Saturday's 400 IM by the beginning of event 3 and for Sunday's 400 free by the beginning of event 21<br><br>Relay cards due before event 7 Saturday and before event 27 Sunday. |
|------------------------|---|---|--|

# St. Pete Masters Long Course Swimming Championships

July 20-22, 2001

Sanctioned by: Florida LMSC for USMS, Inc. # 141-014

Meet directors: Christine Swanson, Allison Beebe, Pam Geiger

- DATE & TIMES** Friday, July 20: 1500 free warm-up at 4:30 pm, swim at 5 pm  
Saturday/Sunday, July 21/22: warm-up begins at 8 am, swim at 9 am
- LOCATION & FACILITY** Northshore Pool, 901 North Shore Drive NE, St. Petersburg FL. Eight competition lanes with one segregated warm-up lane. Colorado Timing with hand-held back-up watches.
- ELIGIBILITY & RULES** Open to registered MASTERS, 19 years and older. **Meet age is your age on December 31, 2001. A copy of your USMS Card MUST be attached to the entry form.** 2001 USMS rules govern. Competitors ages 19 to 24 may jeopardize their amateur standing with FINA by competing in this MASTERS meet.
- ENTRIES & FEES** Swimmers may enter up to five events each day plus relays. Cost per event is \$2.50. Cost per relay is \$5. There is a \$10 meet surcharge for all swimmers. Enclose a SASE if you wish confirmation that your entry was received. Make checks payable to **St. Pete Masters**. Send entries to  
Christine Swanson Questions? email [ctswanson@yahoo.com](mailto:ctswanson@yahoo.com)  
2536 Maryland Avenue or phone 813-254-4514  
Tampa FL 33629
- DEADLINE & SCRATCHES** Entries must be received by **July 12, 2001**. If you are unable to attend, contact Chris Swanson no later than July 19 and your money will be refunded in full.
- SEEDING** Entries will be seeded by time, slowest to fastest. Relays, the 1500 free, 400 free and 400 IM will be deck seeded and require day-of-swim check-in. **No Time event entries cannot be accepted.** All events are timed finals.
- RELAYS** All relay swimmers must be registered with the meet, have a signed waiver, and pay the meet surcharge.
- AWARDS & SCORING** Awards will be handed out for each event. Individual and Team High Point awards for 1st, 2nd, and 3rd in each age group (must compete in at least 5 events). Scoring: 9-7-6-5-4-3-2-1 pts for individual events, double points for relays
- RESULTS** A heat sheet will be provided to each entrant. It will be posted on-line the week prior to the meet at <http://hometown.aol.com/SwimSPM>. One copy of results will be provided to each team free of charge; additional copies can be ordered on the entry form or at the meet for \$5 per copy. Results for the 800 Free will be submitted for Top Ten consideration provided the competitor records a split and completes the 1500m Free.
- SOCIAL** Saturday evening a social will be held in downtown St. Pete. Location to be announced at the meet.

## ORDER OF EVENTS

### FRIDAY

*(there will be breaks  
scheduled around  
the relays)*

1/2 1500m free  
*(Mixed seeding by entry time)*  
800m free split will be submitted  
for Top 10 consideration  
provided the competitor records  
an 800 split and completes the  
1500m free.

### SATURDAY

<u>w/m</u>	<u>event</u>
3/4	200m back
5/6	50m fly
7/8	100m breast
9/10	200m medley relay
11/12	200m fly
13/14	50m back
15/16	200m IM
17/18	100m free
19/20	200m mx medley relay
21/22	400m free

### SUNDAY

<u>w/m</u>	<u>event</u>
23/24	200m free
25/26	50m breast
27/28	100m fly
29/30	200m free relay
31/32	100m back
33/34	200m breast
35/36	50m free
37/38	200m mx free relay
39/40	400m IM



## 2001 UNITED STATES MASTERS SWIMMING 5 Kilometer & 10 Kilometer National Championships

Sponsored by Central Oregon Masters Aquatics  
Sanctioned by Oregon Masters Swimming for USMS, Sanction # 371-PO1

**EVENTS:** National Championship 5 Kilometer (5000 meters) and 10 Kilometer (10,000 meters) timed swims. Submit official splits and entry form by mail.

**LOCATION:** Swim in any 50-meter pool. The 5K is 100 lengths and the 10K is 200 lengths.

**DATE:** The swim must be completed on or between May 15 and September 30. **THE EVENT DIRECTOR MUST RECEIVE YOUR ENTRY BY OCTOBER 10, 2001**

**ELIGIBILITY:** Open to all USMS members with valid 2001 registration. A PHOTOCOPY OF YOUR 2001 USMS CARD MUST BE SENT WITH YOUR ENTRY. Foreign swimmers 19 years and older are invited to participate; proof of membership in your nation's recognized Masters swimming governing organization is required. Foreign swimmers are not eligible for USMS records or All-American status.

**INDIVIDUAL ENTRIES:** Men and women compete separately in five year age groups: 19-24, 25-29, 30-34...100+. The swimmer's actual age on the day of the swim determines their age group.

**DUAL ENTRY:** Individuals who change age groups during the time of the event may enter twice but must swim the event twice, one time at each age.

**TEAM EVENTS:** Team events will be contested in three categories: 3 men, 3 women, 4 mixed (2 men/2 women). Each team member must enter the individual event and be registered with the same club. Unattached teams are not permitted. The youngest team member's age shall determine the team's age group. Teams must swim in the oldest age group for which they are eligible. Age groups are 19+, 25+, . . . 95+. The cumulative time for the individual swims will be the team time.

**SCORING:** Club scoring will be tabulated based on the top ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be kept for the men, women, and combined in both 5K and 10K events.

**AWARDS:** The top three finishers in each age group in the individual and team events will receive USMS Long Distance National Championship medals. First Place finishers in each age group will also receive a Championship patch. Awards will be presented to the top three clubs in each category.

**RULES:** The 2001 USMS Rules govern these events. Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. When two swimmers share the same lane, each swimmer shall swim on one side of the lane during the entire race (no circle swimming). The referee shall establish procedures to prevent drafting if more than two swimmers are competing in a lane. An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer shall have a counter to record split times for every two lengths. One person may serve as a counter for no more than two swimmers per heat. The counter's name and phone number must be included on the entry form. Stopwatches or electronic timing must be used to ensure that an official swim can be recorded to the nearest hundredth of a second. Backup stopwatches should be started and left running in case the official timing system fails. A 5K split in the 10K event may be submitted for a record if requested in writing. It will not be accepted as an entry for the 5K; the events must be swum separately.

**FEES:** \$10 for each individual entry and \$12 for each team entry. Fees are non-refundable; do not send cash. Foreign entrants must submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

**RESULTS:** Complete results will be available by mail or via the Internet. Awards and t-shirts will be mailed by November 10, 2001.

**T-SHIRTS:** Commemorative T-shirts with a distinctive 5 fish-10 fish design may be purchased for \$15. (\$20 for non-US delivery).

**QUESTIONS:** Contact event director, Pam Himstreet at: 541-385-7770 (before 10 PM Pacific Time).

E-mail: him@bendnet.com.

<u>TEAM ENTRY FORM:</u>		EVENT:	3 X 5K	3 X 10K	4 X 5K	4 X 10K
Club Name:	_____	Club Abbr.:	_____	M F	Mixed	Age Group: _____
Swimmer's Name:	_____	Sex	_____	Age	Time	_____
#1	_____	M F	_____	_____	_____	_____
#2	_____	M F	_____	_____	_____	_____
#3	_____	M F	_____	_____	_____	_____
#4	_____	M F	_____	_____	_____	_____
Team Captain:	_____	Phone:	_____	Date:	_____	Total Time : _____

Individual Entry Forms Available at USMS web site: [www.usms.org](http://www.usms.org)



# TEAM GREENVILLE MASTERS INVITATIONAL

(South Carolina LMSC Long Course Championships)

July 28 - 29, 2001

**Meet Location:** Westside Aquatic Center, 2700 Blue Ridge Drive (S.C. Highway 253), Greenville, SC

**Hosts:** Team Greenville Masters & Greenville County Recreation District.

**Sanction:** Sanctioned by South Carolina LMSC for USMS, Inc. #551-004

**Meet Director:** Roy Dessloch, C/O Team Greenville, 301 Colonel Johnson Road, Easley, SC 29642, (864) 220-0209, TGCoach@aol.com.

**Facility:** Westside Aquatic Center is an indoor climate controlled facility with an eight lane 50 meter pool and adjacent diving well. At least one fifty meter lane will be available for warmdown. Bottom striped and wall targeted. Non-turbulent lane lines. Bleacher seating for spectators and ample deck space for swimmers.

**Rules:** The meet will be conducted according to 2001 U.S.M.S. rules and this meet information.

**Eligibility:** This meet is open to all USMS swimmers registered for 2001. A copy of your USMS card must be enclosed with your signed entry form. Age determined as of the last day of 2001.

**Fees:** \$8.00 surcharge per swimmer for pool fees, electronic timing, and heat sheet. \$2.50 per individual event, \$4.00 per relay (paid on deck). Deck entries will be accepted for available lanes at \$4.00 per event plus the \$8.00 swimmer surcharge. Make checks payable to **Team Greenville**.

**Entries:** Completed entry form, copy of USMS card, and check should be sent to Billy Culbertson c/o Sports Timing and Software, Inc., P.O. Box 2703, Mount Pleasant, SC 29465-2703. The e-mail address is: whc@sportstiming.com. Express or certified mail should be sent with a signature release. Deadline to be received is Thursday, July 20, 2001. Maximum of five individual events per day.

**Meet Start:** Warmup Saturday for 1500 Free at 8 am, Meet starts at 8:30 am. Warmup Saturday for remaining events at 12 noon. Meet starts at 1 pm. Warmup Sunday at 8 am, Meet starts at 9 am.

**Awards:** Individual event ribbons 1st-8th place in each age group. High point award for each age group (minimum of at least five events to qualify). Team awards to top 3 teams in and out of state. Scoring to 8 places.

**Seeding:** Heats will be seeded from slowest to fastest using submitted long course meters times. As necessary, ages and sexes may be combined. No time (NT) entries will be seeded in the early heats. All events 400 meters and longer will be deck seeded fastest to slowest. Check-in for all events 400 and longer will close 30 minutes before the start of the event/meet. Swimmers not checked in will be scratched.

**Social:** After the Saturday events, a dinner and social will be held at the AmeriSuites Hotel. Pre-registration is encouraged at \$10.00 per ticket. A limited number of tickets will be sold at the meet at \$12.00 each. Time TBA.

**Lodging:** Our host hotel is the AmeriSuites Hotel, 40 W. Orchard Park Drive (exit 39 at I-385 and Haywood Road). (864) 232-3000. Mention the Team Greenville Masters Invitational when making reservations to receive the best rate. Make your reservations early as there are several large events in Greenville this weekend.

**Directions:** From Interstate 385 go North into Greenville. Go through town past the new arena on your right and the Library on your right. Take S.C. 183 towards Pickens. At S.C. 253 turn left on to Blue Ridge Drive. Pool is about one mile on the right.

From Interstate 85 take exit 44 (White Horse Road, U.S. 25 By-Pass). Go north on 25 for approximately five miles. Turn right on S.C. route 253. Pool is about one-half mile on the left.

If coming down Interstate 26 through Asheville, exit on to U.S. Highway 25 towards Greenville. After Travelers Rest, take U.S. 25 By-Pass (to Atlanta). Pass Furman University. Turn left on S.C. route 253.

**Alt. Contact:** Coach Jim Keogh, (864) 220-0209, jimsuke@mindspring.com.

# FLORIDA

**Local Masters Swimming Committee  
Consolidated Entry Card**

Meet:  
Date:  
Sanction #:  
Location:

Name \_\_\_\_\_ ☐ male ☐ female USMS # \_\_\_\_\_

Birthday \_\_\_\_/\_\_\_\_/\_\_\_\_ Age 12/31/01 \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ Club \_\_\_\_\_

Event No.	FREE (time)	Event no.	BACK (time)	Event no.	BREAST (time)	Event no.	FLY (time)	Event no.	IM (time)
	50 ____:____		50 ____:____		50 ____:____		50 ____:____		100 ____:____
	100 ____:____		100 ____:____		100 ____:____		100 ____:____		200 ____:____
	200 ____:____		200 ____:____		200 ____:____		200 ____:____		400 ____:____
	400/500 ____:____	<b>FEES:</b> Meet surcharge = \$ _____ Results mailed @ \$5 = \$ _____ # events ____ x \$2.50 = \$ _____  <b>TOTAL ENCLOSED = \$ _____</b>							
	800/10000 ____:____								
	1500/16500 ____:____								

**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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32601

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### Ask the Swim Doctor

by Paul Hutingar

**Question:** I have heard that diabetes is epidemic in the US. I train regularly in Masters swimming. Is that enough to prevent me from contracting this disease?

**Answer:** You are one step in the right direction with exercise. Number two, is to lose weight, if overweight. A general principle that must be followed is to have a planned nutrition program. The best is to prevent overloading the bloodstream with glucose, causing an increase in insulin. If your diet causes levels of glucose to spike repeatedly for long periods of time, it can trigger diabetes. Your doctor can give you a test that will analyze your risk levels, but ultimately, you are responsible for your own health. Your nutrition is as important as your training in the pool, so put some time and research into a good program. The glycemic index is a major health finding that has been studied and reported in the nutrition journals since 1980. It is a ranking of foods, mostly carbohydrates, based on their effect on blood glucose levels. Contrary to popular myths, sugar and pasta are not the culprits in Type II Diabetes (formerly, adult onset). The glycemic index is a scientific approach to control blood sugar levels that can prevent diabetes, manage weight loss and enhance athletic performances. If you routinely eat donuts, French fries, mashed potatoes, bagels, instant cereals, like rice and pretzels, you are eating the highest glycemic index foods. This will spike your glucose and insulin, which is to be avoided as a health threat. A booklet on food ratings plus a nutrition book, will be good resources. Sources include American Journal of Clinical Nutrition, 1995, Vol 62 and The Glucose Revolution, Miller and Wolever, Marlowe & Co, 1999. Dr. Glen Luepnitz, a nutritionist and immunologist, was an advisor to Richard Quick, the Olympic swim coach. The team followed their recommendations for the glycemic index in their food selection. His biggest supporters, Jenny Thompson and Dana Torres had top performances. Low glycemic foods for between major meals include oatmeal, black beans, butter beans and dry roasted peanuts. Pre and post exercise foods to consider are high glycemic honey, carrots, mashed potatoes and red delicious apples. Years ago, swimmers would eat honey and candy at age group meets, for quick energy. These sweets work for a short period of time, but the rebound effect eventually causes a drop in glucose levels, with poor performances as a result. The best approach is to maintain a balance with a slow release of glucose.

Anyone wanting a copy of the glycemic index, please send a large SASF to: Dr. Paul Hutingar; 1755 Georgia Ave. NE; St. Petersburg, FL 33703.