

FLORIDA NEWSLETTER

Vol XVIII No. 3

Local Masters Swim Committee, Inc.

July 2001



A Letter From The President
Calendar of Events
News from Around The LMSC
SCY 2001 Records
Ask The Swim Doctor
Meet Entry Information



August 3-5 / LCM

Southern Masters LCM Championships. Baton Rouge LA. Meet Director, Scott Rabalais, 7516 BlueBonnet Blvd. #113, Baton Rouge, LA 70810. wk (225) 769-4323 www.crawfishaquatics.com/meets.htm Entry Deadline: received by Sat., Sept. 25

August 4

XMEN 2nd Annual Open Water Swim (2- & 5-mile swims). Wrightsville Beach, NC. For information write to XMEN, 305 Mervin Rd., Raleigh, NC 27606. Phone (919) 233-3861. Fax (919) 233-8909. Email altonboshoff@mindspring.com Entry Info available at <http://www.ncmasters.org/forms/13104.pdf> Sanctioned by NC LMSC. Entry deadline: received by July 27

August 12

Developmental Meet. St. Petersburg, FL. North Shore Pool. Warm-up 9am. Meet starts 9:30am. Registration: \$5.00 and swimmers may sign up at the meet. Events offered: 200 IM, 50 breast, 100 free, 200 fly, 400 free relay (mixed or regular), 400 medley relay (mixed or regular), 100 back and 400 free. Contact Info: Chris Swanson at ctswanson@yahoo.com

August 16-19 / LCM

USMS National LCM Championships. Federal Way WA.

August 18

Lean Cuisine Ocean Mile Series. Siesta Key, FL. On-line registration at <http://www.palmtreeportsclub.com/index.cfm?artid=232> Hosted by Exclusive Sports Marketing, attn. TJ Cesarz. 1060 Holland Drive #3-L, Boca Raton, FL 33487. Phone (888) 376-7767. Fax (561) 241-3805. Email: tjcesarz@exclusivesports.com

September / SCM

Developmental Meet. St. Petersburg, FL. North Shore Pool. Contact Info: Chris Swanson at ctswanson@yahoo.com Stay tuned for specifics.

September 2

Lean Cuisine Ocean Mile Series. Abaco, Bahamas. On-line registration available at <http://www.palmtreeportsclub.com/index.cfm?artid=235> Hosted by Exclusive Sports Marketing, attn. TJ Cesarz. 1060 Holland Drive #3-L, Boca Raton, FL 33487. Phone (888) 376-7767. Fax (561) 241-3805. Email: tjcesarz@exclusivesports.com

September 8

DIXIE ZONE OPEN WATER CHAMPIONSHIPS & Lake Lanier Double-Cross 5K. Atlanta GA. Contact Marty Hamburger (DynamoMasters@aol.com) or Cord-Patrick Kammholz (swimdynamo@aol.com) for info. Sanctioned by GA LMSC. Pre-entry (9/3) and deck entry

September 29

Lean Cuisine Ocean Mile Series. Port St. Lucie, FL. Hosted by Exclusive Sports Marketing, attn. TJ Cesarz. 1060 Holland Drive #3-L, Boca Raton, FL 33487. Phone (888) 376-7767. Fax (561) 241-3805. Email: tjcesarz@exclusivesports.com

October 5-7 / SCM:

DIXIE ZONE SCM CHAMPIONSHIPS / Team Orlando Masters SCM Championships. Orlando FL. Stay tuned for information.

October 13

Lean Cuisine Ocean Mile Series. Club Med. On-line registration available at <http://www.palmtreeportsclub.com/index.cfm?artid=280>

October 27

Estero Island 5K Challenge. Ft.

Myers Beach, FL. For info, contact Gregg Cross at sushi.fiend@aol.com.

October 28

St. Croix 5-mile Coral Reef Swim. St. Croix, U.S. Virgin Islands. For Info write to Randy Nutt, Aqua Moon Adventures P.O. Box 9448 Coral Springs, Florida 33075. Phone: (800)356-5132 or Email: randy@thevictor.com On-line info at <http://www.randynutt.com/sc2001.htm>

October 28-Nov. 4 / LCM

Pan Pacific Masters Championships. Hong Kong. <http://home.att.net/~dixiezone/Meets/PanPacs1.html> Note: be sure to enter LCM times, and note that all fees are quoted in Hong Kong dollars (\$1US = \$7.8Hong Kong). Entry deadline: received by Sept. 1

November / SCM

Developmental Meet. St. Petersburg, FL. North Shore Pool. Contact Info: Chris Swanson at ctswanson@yahoo.com Stay tuned for specifics.

November 10-11 / SCM

19th Annual Electric City Masters Swim Meet. Anderson SC. Meet Director, Steve Wycoff, phone (864) 260-5170. Anderson Swim centers, 1115 Cornelia Rd., Anderson, SC 29621. On-line info available at http://home.att.net/~dixiezone/Meets/Info_Anderson.pdf Entry deadline: postmarked by Mon., Oct. 29

November 30

Bonaire EcoSwim (5K, metric mile, kids swim, ocean festival) Bonaire, Netherlands Antilles. For info, see article in this issue. Entry deadline: received by Nov. 1

December 8-9 / SCY

Forest Hills Aquatics After Thanksgiving Meet. Clearwater, FL. Watch out for information.

Your LMSC Officers & Chairs

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Dear Florida LMSC Swim Family,

Our second FL LMSC meeting was another successful event in spite of the weather. The welcome rain was accompanied by a beautiful light show (courtesy of our Lord) which continued for most of the day and led the Sarasota swim officials to cancel the Saturday portion of their meet. As always Chris Gillian and her marvelous staff made the most of it and were able to provide us with an excellent second half of the meet on Sunday.

The actual LMSC meeting was held on Saturday. The attendance was down a little due to the weather however the participation by those present was up. Some of the officers weren't able to make the trip and as a result, I want to thank Dick, Joan and Meegan, who did double duty. Also, thanks to Dick for getting our minutes of the meeting onto the Web site so quickly. In fact, the next day. Included in the meeting agenda was the posting of the LMSC meeting minutes along with the newsletter on our web page, for you to be able to access at anytime. Atta Boy Dick! For those that didn't make the meeting we missed you and encourage you to review the minutes (<http://home.att.net/~floridalmsc/News/minutes062301.html>) to catch up on what we covered - if you have any questions or concerns please contact me.

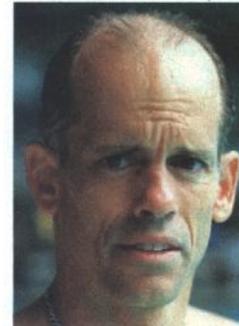
As I stressed in the previous newsletter, our LMSC is only as good as the individuals who make it up and the contributions that each makes. If you rely on just the officers to make it happen our organization will greatly lack. Over the next few weeks I will be initiating a survey, which will be sent out to each of the team representatives to determine what some of the objectives are that we will be aiming toward in the near future. Please realize that whatever the objectives turn out to be, the only way that we can achieve them is through the participation of each club. We will continue to have needs arise where we will need to turn to you and my hope is that you will be willing to step up and do your part.

With all that said, we will be in need of another Registrar before October so that Maud Orlando will be able to train someone before she leaves. Due to some personal issues Maud will need to step down from her position and we want to provide sufficient time for training the new person. Maud has done a terrific job and we will greatly miss her.

Our next LMSC meeting is scheduled after the last event on Saturday of the Orlando meet in October so mark your calendars and plan for your team representative to be there!

Your assistance will be requested more and more and I hope that you will carefully consider how you can help. Thanks to each of you for your vital part in making our LMSC a success!

Yours in the Water,



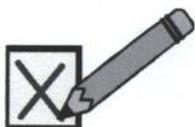
Tom Bliss
FL LMSC President

TOP TEN AND RECORDS by Margie Hutinger



My submitted times for the 2000-2001 Top Ten have been received. They included three Senior meets (Martin Co, State Champ and Polk Co), four large meets (FHA, CATM, SPM and IRCC), three SPM development meets and Y Nationals relays from SWIM and FMM (only clubs indicating Y swimmers were on the same Masters team).

continued after TEAM NEWS



**New Registrar
Needed...**

Email your interest to
TomBliss7@juno.com THANKS!

In addition, the Florida Top 5 includes meets from outside the FL LMSC, including Plantation; Charlotte, NC; Auburn, AL; ISHOF; Atlanta, Raleigh, YMCA and SCY Nationals. Our newsletter editor, **Gertie Perry**, Dianetics Swim Team, was the only FL LMSC swimmer to swim all 18 events. She made the Top 5 in 16 of them. In July, I mailed the 2001 SCY FL Top 5 and records to clubs and subscribers. The extra SCY 2000 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.

I would like to acknowledge and recognize the outstanding FL LMSC record breaking SCY swims for 2001. **Patricia Bond** took top honors by breaking two of the oldest records, from 1983. **Joseph Kurtzman** was runner up, breaking a 1984 record. The top record breakers were **Florence Carr**, FMM (75-79) 8 records and **Don McCullough** (85-89) FMM, 7 records. The oldest records still on the books are **Carrie Merson**, 80-84, 50 back, 1983 and **Chester Miltenberger**, 30-34, 1982. Updated records are in this issue.

Beverly Lense (35-39) ORLM--100 breast-1:10.49; broke Deb Walker's SMS time of 1:11.95, from 1989.
Pamela Mumma (45-49) SWIM--100 fly-1:10.05; broke Barb Hoellen's time of 1:11.32, from 1989.
Patricia Bond (60-64) FMM--1650 free-25:59.64; broke Peg Morrison's SPM time of 26:14.97, from 1983.
Patricia Bond (60-64) FMM--200 back-3:11.31; broke Peg Morrison's SPM time of 3:12.49, from 1983.
Rick Walker (50-54) SWIM--500 free-5:14.22; broke Burwell Jones' SMS time of 5:25.99, from 1985.
Rick Walker (50-54) SWIM-1000 free-10:45.85; broke Burwell Jones' SMS time of 11:36.51, from 1985.
Rick Walker (50-54) SWIM-1650 free-18:06.88; broke Burwell Jones' SMS time of 18:53.29, from 1985.
Joseph Kurtzman (75-79) FMM-100 fly-1:33.53; broke Bill Stinson's SPM time of 1:40.97, from 1984.
 Twelve 400 free and medley relay records were established at the IRCC

meet in April. Altogether, 40 women's, 38 men's, and 18 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/~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.

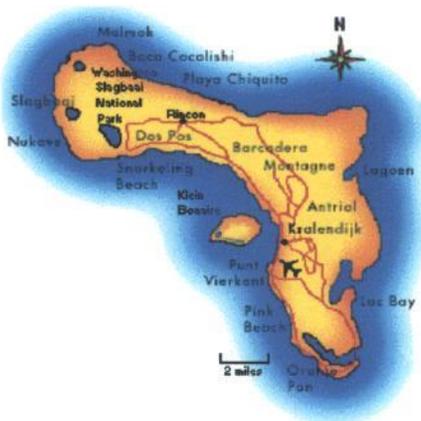


Bonaire EcoSwim

The 1st Annual Deep Blue 5k Swim, Metric Mile Swim and Ocean Festival

Date: Friday November 30th, 2001

Location:



The Dutch Caribbean Island of Bonaire, Netherlands Antilles is located 50 miles north of Venezuela and 30 miles from Curacao. Bonaire has earned its reputation as one of the world's most beautiful dive locations. Now it is the site of a spectacular open water swim! Located outside the hurricane belt Bonaire's average temperature is 82 F with an average water temperature of 80 F. The diligent stewardship of its marine resources has created a water lovers

paradise. The island is 24 miles long by 3-7 miles wide. Approximately 60% of the Island and 100% of nearby Klein Bonaire is National Park. All of the waters off Bonaire's coast have been legally protected since 1979. You will see why the Bonaire Hotel and Tourism Association (BONHATA) along with Agua Moon Adventures are pleased to host this premier open water swim and ocean festival.

The Magic of Bonaire: Come for the swim but also enjoy these other world class adventures and activities: free diving; scuba diving; mountain biking; sea kayaking; windsurfing; bird watching; and stargazing.

Course:

1) 5k: The start and finish will take place from Captain Don's Habitat Resort. Swim Bonaire to Klein Bonaire's No Name Beach and back rounding fixed buoys. Water stop available.

2) Metric Mile will start near Klein Bonaire (boat transportation provided) and finish at the dock at Captain Don's.

3) Kids Fun Swim -approx. 200 meters, (race day on site registration) in front of Captain Don's dock.

Event Divisions, Categories and Awards: 5K and Metric Mile

Solo Swimmer: Male/Female (Awards: top 10 overall, top 3 male & female, top 3 male & female over 40)
 Solo with fins: Male/Female (Awards: top 3 male & female)
 Kids Swim: Male/Female (approx. 200 meters, 18 and under only, special awards TBD.)

The Bonaire EcoSwim Info and Entry Form are available online at <http://www.randynutt.com/aqua9.html>

Let me know if you have any more questions, and thank you for sharing this event with your LMSC.

Randy Nutt
 800-356-5132
www.randynutt.com

FLORIDA LMSC RECORDS

Short Course Yards (As of 5/31/01)

W O M E N

50 FREE		100 FREE		200 FREE		500 FREE		1000 FREE		1650 FREE	
19-24	24.67 Sudi Miller HLJ-91	53.89 Mary Wayte HLJ-90	1:57.13 Tanya Felton LCAM-01	5:21.59 Maureen Jones SCM-86	11:13.60 Maureen Jones SCM-86	18:27.14 Maureen Jones SCM-86					
25-29	24.27 Mary Holmes HLJ-88	53.52 R Seaman HLJ-86	1:52.85 Mary Holmes HLJ-86	4:59.52 Mary Holmes HLJ-88	10:32.45 Mary Holmes HLJ-88	18:11.49 Mary Roebuck HLJ-90					
30-34	24.89 L Dissington SWIM-99	51.30 R Seaman HLJ-88	1:58.51 C Petersen SPM-99	5:17.05 C Petersen SPM-99	10:50.50 C Peterson SPM-99	18:13.85 Mary Roebuck HLJ-94					
35-39	25.11 C Shonkwiler DSMC-96	54.51 C Petersen SPM-01	1:57.85 C Petersen SPM-00	5:09.76 C Petersen SPM-01	10:38.46 C Peterson SPM-01	19:43.07 C Shonkwiler ORLM-97					
40-44	25.61 Martha Martin ORLM-91	55.86 R Seaman ORLM-98	2:02.45 C Shonkwiler ORLM-01	5:30.24 SHalfacre HLJ-95	11:27.35 C Shonkwiler ORLM-01	19:24.94 SHalfacre 300-97					
45-49	27.86 P Mumma SWIM-01	1:03.65 S VanRoyen ORLM-90	2:21.49 Pat Sargeant GSM-00	6:17.74 Jo Harrelson SPM-01	12:48.43 Jo Harrelson SPM-01	21:09.62 Jo Harrelson SPM-01					
50-54	28.95 Linda Felton LCAM-01	1:04.24 Jayne Lambke SPM-91	2:25.71 Jayne Lambke SPM-90	6:37.00 Lynn Cartee SWIM-98	13:41.06 Jayne Lambke SPM-90	22:39.73 Jayne Lambke SPM-90					
55-59	30.25 Jayne Lambke SPM-98	1:06.92 Jayne Lambke SPM-96	2:29.62 Jayne Lambke SPM-97	6:43.48 Jayne Lambke SPM-97	14:06.55 Jayne Lambke SPM-97	23:19.97 E Bromwich SPM-98					
60-64	30.66 Jayne Lambke SPM-00	1:11.09 Jayne Lambke SPM-00	2:29.27 Peg Morrison SPM-83	7:13.10 Peg Morrison SPM-83	15:48.27 Patricia Bond FMM-99	25:59.64 Patricia Bond FMM-01					
65-69	33.68 Florence Carr HLJ-93	1:14.98 Florence Carr HLJ-93	2:48.40 Florence Carr HLJ-92	7:38.82 Florence Carr SPM-94	15:33.87 Florence Carr HLJ-92	26:14.77 Florence Carr HLJ-92					
70-74	33.67 Florence Carr SPM-96	1:16.93 Jean Troy FMM-00	2:49.08 Jean Troy FMM-99	7:40.13 Jean Troy FMM-00	16:09.98 Jean Troy FMM-99	27:48.45 J Campbell CATM-00					
75-79	34.78 Florence Carr FMM-01	1:19.38 Florence Carr FMM-01	3:01.22 Florence Carr FMM-01	8:43.99 Florence Carr FMM-01	18:48.75 Florence Carr FMM-01	33:14.90 Ruth Switzer SMS-84					
80-84	45.77 N O'Connell SPCO-97	1:41.59 N O'Connell SPCO-97	3:53.63 Y Wiencke IRCC-96	10:26.07 N O'Connell ORLM-98	21:32.09 Kay Schimpf SPM-98	37:46.00 Kay Schimpf SPM-98					
85-89	1:09.65 M McKechnie SPM-94	2:23.95 M McKechnie SPM-90	5:49.35 M McKechnie SPM-92	14:15.17 M McKechnie SPM-90							
90-94											
95-99											
50 BACK		100 BACK		200 BACK		50 BREAST		100 BREAST		200 BREAST	
19-24	28.89 Sudi Miller HLJ-91	1:01.74 Mary Wayte HLJ-90	2:15.05 Dawn Braciak SPM-87	33.13 Sudi Miller HLJ-91	1:09.75 Sudi Miller HLJ-91	2:35.85 A Pagon SPCO-00					
25-29	28.30 Michelle Falls 83	58.95 Tanya Lane SPM-98	2:04.69 Tanya Lane SPM-98	31.69 Danice Eaton SPM-98	1:09.43 Danice Eaton SPM-98	2:25.35 Tanya Lane SPM-98					
30-34	28.88 V Richardson IRCC-97	1:02.95 V Richardson IRCC-97	2:13.72 V Richardson IRCC-97	30.19 R Seaman HLJ-88	1:06.42 R Seaman HLJ-88	2:33.45 Maud Orlando DSMC-96					
35-39	29.08 C Shonkwiler ORLM-97	1:05.11 C Shonkwiler ORLM-97	2:17.81 C Petersen SPM-01	32.90 BeverlyLense ORLM-01	1:10.49 BeverlyLense ORLM-01	2:33.16 BeverlyLense ORLM-01					
40-44	30.35 C Shonkwiler ORLM-01	1:06.41 C Shonkwiler ORLM-01	2:25.69 J Stefanick SPM-92	32.36 R Seaman ORLM-98	1:11.37 R Seaman ORLM-98	2:38.99 Deb Walker SMS-92					
45-49	33.48 P Mumma SWIM-01	1:12.07 P McDonnell IRCC-01	2:37.12 P McDonnell IRCC-01	35.39 Deb Walker SWIM-97	1:16.53 E Bromwich SPM-89	2:47.43 Deb Walker SWIM-98					
50-54	36.47 Lynn Cartee SWIM-99	1:16.44 Lynn Cartee SWIM-99	2:50.84 Lynn Cartee SWIM-00	36.58 E Bromwich SPM-95	1:18.11 E Bromwich SPM-93	2:52.16 E Bromwich SPM-95					
55-59	37.51 Chris Gilligan SWIM-01	1:22.90 Chris Gilligan SWIM-00	2:54.29 Chris Gilligan SWIM-01	36.86 E Bromwich SPM-98	1:21.90 E Bromwich SPM-98	2:55.47 E Bromwich SPM-98					
60-64	39.88 Jayne Lambke SPM-00	1:30.44 Peg Morrison SPM-83	3:11.31 Patricia Bond FMM-01	42.03 SylviaEisele SWIM-93	1:33.56 J Piper SPM-97	3:25.09 J Piper SPM-97					
65-69	41.34 B Cederlund SPCO-90	1:32.76 Florence Carr SPM-94	3:25.58 SylviaEisele SWIM-97	41.75 SylviaEisele SWIM-95	1:34.39 SylviaEisele SWIM-95	3:26.39 SylviaEisele SWIM-96					
70-74	41.79 B Cederlund SPCO-96	1:35.78 B Cederlund SPCO-92	3:35.76 B Cederlund SPCO-94	43.22 SylviaEisele SWIM-00	1:38.32 SylviaEisele SWIM-00	3:32.03 SylviaEisele SWIM-00					
75-79	42.92 B Cederlund SPCO-97	1:39.04 B Cederlund SPCO-01	3:29.83 Regan Kenner FMM-99	49.31 Gertrud Zint HLJ-94	1:49.55 Gertrud Zint HLJ-93	3:59.23 Regan Kenner FMM-99					
80-84	53.50 Carrie Merson 78	2:10.16 Jean Zulich SCCS-01	4:38.54 Y Wiencke IRCC-96	59.02 HelmiMeise BSAM-93	2:14.34 Kay Schimpf SPM-98	4:55.48 Kay Schimpf SPM-98					
85-89	1:16.04 M McKechnie SPM-92	2:45.73 M McKechnie SPM-90	6:09.49 Sally Scott HLJ-94	1:51.83 Sally Scott HLJ-94		9:18.86 Sally Scott HLJ-94					
90-94		3:29.20 M McKechnie SPM-95									
95-99											
50 FLY		100 FLY		200 FLY		100 IM		200 IM		400 IM	
19-24	27.00 Sudi Miller HLJ-91	59.27 Sudi Miller HLJ-91	2:22.20 Meg Bell SPM-86	1:00.54 Sudi Miller HLJ-91	2:17.75 A Pagon SPCO-00	4:45.59 A Pagon SPCO-99					
25-29	26.47 R Seaman HLJ-86	57.92 R Seaman HLJ-86	2:11.14 L Welting FAM-91	1:00.34 Tanya Lane SPM-98	2:09.13 Tanya Lane SPM-98	4:42.75 L Welting FAM-91					
30-34	25.76 R Seaman HLJ-88	56.50 R Seaman HLJ-88	2:16.22 V Richardson IRCC-97	59.02 R Seaman HLJ-88	2:14.57 V Richardson IRCC-97	4:50.39 Linda Visser ORLM-01					
35-39	27.12 C Shonkwiler DSMC-96	1:00.87 C Shonkwiler DSMC-96	2:24.50 Anne Grams 83	1:04.17 L Dissington SWIM-00	2:17.21 C Petersen SPM-01	5:05.49 Anne Grams 83					
40-44	27.67 R Seaman ORLM-98	1:01.62 R Seaman ORLM-98	2:37.84 J Stefanick SPM-92	1:04.30 Martha Martin ORLM-91	2:23.58 R Seaman ORLM-98	5:25.13 J Stefanick SPM-92					
45-49	31.17 Barb Hoellen 89	1:10.05 P Mumma SWIM-01	2:45.66 Jo Harrelson SPM-01	1:11.22 P McDonnell IRCC-01	2:36.35 P McDonnell IRCC-01	5:51.86 E Bromwich SPM-90					
50-54	33.30 Jayne Lambke SPM-89	1:18.61 Jayne Lambke SPM-90	3:01.95 E Bromwich SPM-95	1:15.20 Lynn Cartee SWIM-99	2:46.98 Lynn Cartee SWIM-99	6:00.68 E Bromwich SPM-93					
55-59	34.46 Jayne Lambke SPM-98	1:23.63 Jayne Lambke SPM-96	3:08.00 Jayne Lambke SPM-95	1:19.83 Jayne Lambke SPM-97	2:58.34 E Bromwich SPM-98	6:07.40 E Bromwich SPM-98					
60-64	35.35 Jayne Lambke SPM-00	1:25.59 Jayne Lambke SPM-00	3:31.67 SylviaEisele SWIM-91	1:23.36 Jayne Lambke SPM-00	3:08.63 Jayne Lambke SPM-00	6:44.53 Jayne Lambke SPM-00					
65-69	39.04 Florence Carr SPM-94	1:38.27 SylviaEisele SWIM-97	3:38.17 SylviaEisele SWIM-97	1:28.07 Florence Carr SPM-94	3:12.65 Florence Carr SPM-94	7:07.78 Florence Carr HLJ-93					
70-74	40.85 Florence Carr SPM-97	1:39.75 Jean Troy FMM-00	3:41.99 SylviaEisele SWIM-00	1:29.37 Florence Carr SPM-95	3:23.52 Florence Carr SPM-97	7:32.16 SylviaEisele SWIM-00					
75-79	44.38 Florence Carr FMM-01	1:48.66 Gertrud Zint HLJ-94	4:10.07 Gertrud Zint HLJ-94	1:37.03 Florence Carr FMM-01	3:43.63 Florence Carr FMM-01	8:34.45 June Reynolds SPM-00					
80-84	1:02.27 Kay Schimpf SPM-98	2:18.64 Kay Schimpf SPM-98	5:41.70 Anne Wilder IRCC-94	2:09.43 Kay Schimpf SPM-98	4:45.18 Kay Schimpf SPM-98	9:55.23 Kay Schimpf SPM-98					
85-89		6:21.25 Sally Scott HLJ-96	13:17.96 Sally Scott HLJ-96		8:20.51 Anne Wilder IRCC-99						
90-94											
95-99											

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

FLORIDA LMSC RECORDS

Short Course Yards (As of 5/31/01)

M E N

50 FREE			100 FREE			200 FREE			500 FREE			1000 FREE			1650 FREE		
19-24	21.35	N-Kuan Chia BRAT-00	47.57	C Stevenson FAST-88	1:44.36	C Stevenson FAST-88	4:42.10	C Stevenson FAST-89	10:45.96	Ryan Woodruff GSC-01	17:10.44	A Constantini TEAM-93					
25-29	21.01	Doug Soltis TBR-88	46.69	Doug Soltis TBR-88	1:43.67	Mike Heath SPM-98	4:43.34	C Stevenson FAM-91	10:21.24	J Sakovich CATM-99	17:07.79	Cyle Sage FAM-91					
30-34	21.49	C M Halfast SPM-98	47.18	Stuart Barton SPM-98	1:46.11	Stuart Barton SPM-98	4:49.80	Meisenheimer SPM-94	10:20.30	AFarrell ORLM-01	16:54.23	AFarrell ORLM-01					
35-39	22.04	M Shepardson 96	48.93	Meisenheimer ORLM-95	1:47.97	Meisenheimer ORLM-95	4:58.67	Wm Specht SPM-99	10:41.27	Meisenheimer ORLM-93	17:52.04	Meisenheimer ORLM-95					
40-44	22.63	Fred Ehmke ORLM-96	49.57	Jeff Perout HLJ-96	1:49.99	Jeff Perout HLJ-95	4:51.43	Wm Specht SPM-99	10:49.58	Larry Black SWIM-00	18:09.83	Paul Wise JAM-96					
45-49	22.85	Thomas Peek HLJ-93	50.82	Casey Clafin SWIM-00	1:53.96	Russ Frazier SPM-00	5:10.96	Rick Walker SWIM-00	10:42.17	Rick Walker SWIM-00	17:51.43	Rick Walker SWIM-00					
50-54	23.90	Bob Baile SPCO-88	52.46	G Woodsum ATAC-01	1:57.98	G Woodsum ATAC-01	5:14.22	Rick Walker SWIM-01	10:45.85	Rick Walker SWIM-01	18:06.88	Rick Walker SWIM-01					
55-59	25.25	J Greenburg SPM-00	57.39	Burwell Jones HLJ-90	2:02.93	Burwell Jones SSC-88	5:32.17	Burwell Jones SSC-88	12:34.02	Burwell Jones SSC-88	19:02.45	Burwell Jones SSC-88					
60-64	26.49	Jack Beattie ORLM-96	59.31	Dren Geer SWIM-98	2:13.61	Jerry Glancy ORLM-98	6:10.76	Jerry Glancy ORLM-98	13:28.48	Jack Beattie ORLM-98	23:19.27	Robert Beach SPM-92					
65-69	26.83	Dren Geer SWIM-99	59.08	Dren Geer SWIM-99	2:14.07	Dren Geer SWIM-99	6:18.97	Dren Geer SWIM-00	14:15.16	B Hutchinson SWIM-99	23:26.26	B Hutchinson SWIM-99					
70-74	28.18	Paul Hutinger SPM-96	1:06.61	Donald Sonia IRCC-01	2:34.31	Donald Sonia IRCC-01	7:10.34	Robert Beach SPM-01	15:00.51	Robert Beach SPM-01	24:19.22	Robert Beach SPM-01					
75-79	29.08	Paul Hutinger FMM-00	1:14.45	Paul Hutinger FMM-01	2:53.30	Paul Hutinger FMM-01	7:56.53	Paul Hutinger FMM-00	17:35.24	J Johnston SPM-91	27:36.85	Paul Hutinger FMM-01					
80-84	34.24	B Cleveland ORLM-98	1:24.89	B Cleveland ORLM-98	3:12.98	B Cleveland ORLM-98	9:57.55	William Molloy SPM-91	20:16.66	J Johnston SPM-96	33:32.30	J Johnston SPM-96					
85-89	40.46	C Lindstrand UNA-97	1:31.54	C Lindstrand LOCH-98	3:37.29	C Lindstrand UNA-97	10:46.05	Fried Walbolt SPM-98	22:00.26	D Malbrough FMM-99	37:03.22	D Malbrough FMM-99					
90-94	52.75	Peter Jurczyk IRCC-96	2:15.10	Peter Jurczyk IRCC-97	5:00.07	Peter Jurczyk IRCC-97											
95-99																	
50 BACK			100 BACK			200 BACK			50 BREAST			100 BREAST			200 BREAST		
19-24	24.37	C Stevenson FAST-88	53.24	James Smith UNA-94	1:58.19	N-Kuan Chia BRAT-99	28.38	Doug Soltis TBR-87	1:00.26	Marc LaPalme 89	2:19.76	Jack Thomas SWIM-96					
25-29	24.40	Coy Cobb FHA-91	52.64	C Stevenson HLJ-92	1:54.57	S Barnicoat ORLM-89	26.18	Doug Soltis TBR-88	56.94	Doug Soltis TBR-88	2:03.69	Doug Soltis TBR-88					
30-34	25.54	Wm Specht SPM-93	52.57	Wm Specht SPM-91	1:59.61	AFarrell ORLM-01	26.71	Miltenberger NFM-83	59.44	Miltenberger NFM-82	2:12.05	M Drews 88					
35-39	24.63	Wm Specht SPM-96	52.75	Wm Specht SPM-96	1:55.04	Wm Specht SPM-96	27.16	Miltenberger HLJ-88	59.19	Miltenberger HLJ-88	2:13.73	Miltenberger HLJ-88					
40-44	24.57	Wm Specht SPM-98	52.76	Wm Specht SPM-98	1:54.01	Wm Specht SPM-98	28.27	Miltenberger ORLM-96	1:01.00	Miltenberger ORLM-96	2:26.57	Art Halttunen SPM-91					
45-49	25.63	Casey Clafin SWIM-00	57.00	Casey Clafin SWIM-00	2:09.55	S McMillen IRCC-99	30.43	Miltenberger ORLM-00	1:02.48	Miltenberger ORLM-99	2:30.06	Rick Walker SMS-96					
50-54	29.15	Jack Beattie HLJ-88	1:01.93	John Smith HLJ-86	2:23.55	Burwell Jones SMS-85	30.57	Scott Guthrie BRAT-98	1:08.64	R Vazmina SWIM-01	2:36.29	J Donnelly SWIM-01					
55-59	30.30	Burwell Jones HLJ-90	1:05.25	Burwell Jones SSC-88	2:20.58	Burwell Jones SSC-88	30.64	Scott Guthrie UNA-00	1:08.73	Scott Guthrie BRAT-00	2:40.48	VanDerVeen SPM-00					
60-64	31.35	Jack Beattie ORLM-95	1:06.55	Jerry Glancy ORLM-98	2:27.41	Jerry Glancy ORLM-98	33.83	T Koenig HLJ-92	1:15.49	T Koenig HLJ-92	2:53.22	R MacDonald SPM-95					
65-69	31.26	Paul Hutinger SPM-93	1:10.78	Paul Hutinger SPM-93	2:35.47	Jack Beattie ORLM-01	36.03	T Koenig OMSC-98	1:19.01	R MacDonald SPM-95	2:56.44	R MacDonald SPM-95					
70-74	31.84	Paul Hutinger SPM-95	1:11.56	Paul Hutinger SPM-95	2:42.35	Paul Hutinger SPM-95	37.01	R MacDonald FMM-99	1:22.45	R MacDonald FMM-99	3:03.62	R MacDonald FMM-99					
75-79	33.76	Paul Hutinger FMM-00	1:16.94	Paul Hutinger FMM-00	2:50.47	Paul Hutinger FMM-00	39.88	Paul Hutinger FMM-00	1:33.18	Paul Hutinger FMM-01	3:26.89	Paul Hutinger FMM-00					
80-84	48.27	F Tillotson SPM-95	1:47.61	C Thornburg HLJ-93	3:57.50	C Thornburg HLJ-94	44.82	B Cleveland ORLM-98	1:43.26	B Cleveland ORLM-98	4:02.31	B Cleveland ORLM-98					
85-89	46.69	D Malbrough FMM-98	1:46.68	D Malbrough FMM-98	4:20.18	D Malbrough FMM-99	1:00.84	D McCullough FMM-01	2:19.01	D McCullough FMM-01	4:57.38	D McCullough FMM-01					
90-94	1:01.71	Peter Jurczyk IRCC-97	2:17.30	Peter Jurczyk IRCC-96	5:00.74	Peter Jurczyk IRCC-96	1:20.11	Frank Starr FMM-00	3:20.59	Frank Starr FMM-00							
95-99																	
50 FLY			100 FLY			200 FLY			100 IM			200 IM			400 IM		
19-24	23.36	C Stevenson FAST-89	50.79	N-Kuan Chia BRAT-99	1:53.38	C Stevenson FAST-89	55.89	C Stevenson FAST-89	2:02.79	Marc LaPalme 89	4:26.56	S Kupiszewski 85					
25-29	22.70	Coy Cobb FHA-91	51.13	C Stevenson HLJ-92	1:54.27	C Stevenson FAM-91	52.66	Doug Soltis TBR-88	1:58.56	S Barnicoat TBR-88	4:22.63	David Zubero FAST-86					
30-34	23.69	David Zubero 90	52.22	Stuart Barton SPM-98	1:57.69	Wm Specht SPM-93	53.58	M Drews 88	1:58.18	Michael Drews 88	4:17.58	Michael Drews 88					
35-39	23.03	Wm Specht SPM-97	50.65	Wm Specht SPM-97	1:51.85	Wm Specht SPM-97	55.10	Miltenberger 88	2:04.26	Michael Drews 93	4:32.99	S McMillen IRCC-88					
40-44	23.28	Wm Specht SPM-98	50.98	Wm Specht SPM-99	1:51.69	Wm Specht SPM-00	58.35	Bob Buresh SPM-00	2:07.96	S McMillen IRCC-96	4:38.48	S McMillen IRCC-94					
45-49	24.94	K McCormack SWIM-00	55.34	K McCormack SWIM-98	2:12.23	John McCall SPCO-01	57.65	Casey Clafin SWIM-00	2:09.78	S McMillen IRCC-99	4:41.28	S McMillen IRCC-99					
50-54	25.88	Rudy Vazmina SWIM-01	58.05	Rudy Vazmina SWIM-01	2:29.78	E Leskovitz HLJ-89	1:00.96	John Smith HLJ-86	2:15.42	Burwell Jones SSC-88	4:57.03	Burwell Jones SSC-88					
55-59	29.25	P Cameron ORLM-99	1:03.90	K McWherter SWIM-01	2:31.84	K McWherter SWIM-01	1:03.11	Burwell Jones SSC-88	2:17.88	Burwell Jones SSC-88	5:03.72	Burwell Jones SSC-88					
60-64	29.78	D Pulchalski CATM-01	1:11.79	T Smith SPM-88	2:58.23	Dren Geer SWIM-98	1:08.26	Burwell Jones HLJ-97	2:34.54	Jack Beattie ORLM-95	6:01.84	David Gifford CATM-01					
65-69	29.79	Paul Hutinger SPM-93	1:15.18	Dren Geer SWIM-01	2:51.23	Dren Geer SWIM-99	1:11.39	Paul Hutinger SPM-93	2:45.28	Paul Hutinger SPM-93	6:09.47	Dren Geer SWIM-00					
70-74	31.51	Paul Hutinger SPM-95	1:22.73	T Smith SPM-98	3:15.41	H Moseley HLJ-89	1:14.58	Paul Hutinger SPM-95	2:53.46	R MacDonald FMM-00	6:21.59	Paul Hutinger SPM-95					
75-79	33.84	Paul Hutinger FMM-00	1:33.53	J Kurtzman FMM-01	3:44.65	J Kurtzman FMM-01	1:19.84	Paul Hutinger FMM-00	3:15.15	Paul Hutinger FMM-00	7:13.59	Paul Hutinger FMM-01					
80-84	53.91	C Thornburg HLJ-93	2:04.98	C Thornburg HLJ-93	4:38.08	Bill Stinson SPM-89	1:41.40	B Cleveland ORLM-98	4:09.28	B Cleveland ORLM-98	9:00.55	C Thornberg HLJ-93					
85-89	1:07.20	D McCullough FMM-01	3:15.73	D McCullough FMM-01			2:25.74	Peter Jurczyk IRCC-93	5:21.38	D McCullough FMM-01	11:07.43	D McCullough FMM-01					
90-94	1:35.70	Peter Jurczyk IRCC-96					2:37.44	Peter Jurczyk IRCC-96	6:05.27	Peter Jurczyk IRCC-96							
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 RELAY RECORDS

Short Course Yards (As of 5/31/01)

200 FREE-WOMEN		200 MEDLEY-WOMEN		400 FREE-WOMEN		400 MEDLEY-WOMEN		800 FREE-WOMEN																																											
19+	1:38.68 Beattie, Roebuck, Nearly, Miller HLJ-92	1:59.70 Winters, Martin, Keller, O'Brien ORLM-91	5:10.87 Turner, McDonnell Powers, Amman IRCC-01	5:48.38 Amman, Gaines Kelsey, Chandler IRCC-01	9:09.41 Swanson, Flanagan Beebe, Petersen SPM-01	25+	1:46.12 Nixon, Steele, Roebuck, Harper HLJ-90	1:58.86 Keller, Shonkwiler, Seaman, Kominowski ORLM-97	4:23.83 Morse, Williams Grubbs, Sadler BRAT-96	9:25.32 Bigge, Harrelson Swanson, Summers SPM-97	35+	1:47.67 Shonkwiler, Moses Tibma, Petersen SPM-00	1:58.55 Tibma, Orlando, Shonkwiler, Nauta SPM-98	4:54.38 Flanagan, Orlando, Stott, Tibma SPM-99	8:54.93 Tibma, Flanagan, Orlando, Nauta SPM-98	45+	2:08.39 Lambke, Bromwich, Treat, Page SPM-94	2:24.10 St Germain, Page, Treat, VanEvery SPM-95	5:41.70 Hoier, Franson Kinley, Kelsey IRCC-01	5:53.47 Bromwich, Piper, Lambke, Steer SPM-95	12:23.32 Brownstein, Simsic Steer, Bromwich SPM-93	55+	2:19.56 Lambke, VanEvery Steer, Carr SPM-96	2:44.34 Allen, Steer, Lambke, Carr SPM-98	5:39.94 Bromwich, Steer Piper, Lambke SPM-00	6:18.50 Bromwich, Piper Lambke, Steer SPM-00	12:10.27 Knight-Perry, Lee, Steer, Lambke SPM-97	65+	2:50.15 Carr, Reynolds Zint, Newman HLJ-92	3:13.12 Newman, Reynolds Zint, Carr HLJ-92		10:03.90 McKechnie, Kennedy, Cichanski, Schimpf SPM-94	19:16.91 McKechnie, Kennedy, Cichanski, Schimpf SPM-94	75+	3:37.40 McKechnie, Cichanski Kennedy, Schimpf SPM-93	4:21.12 McKechnie, Kennedy, Schimpf, Cichanski SPM-93				85+											
200 FREE-MEN		200 MEDLEY-MEN		400 FREE-MEN		400 MEDLEY-MEN		800 FREE-MEN																																											
19+	1:31.92 Mina, Allen, Stelle, Walker JAM-95	1:42.95 Guyot, Hoffman, Barton, Eaton SPM-97								25+	1:25.57 Eaton, Barton, Specht, Halfast SPM-98	1:37.69 Specht, Eaton, Barton, Halfast SPM-98	4:32.27 Turner, Marcy Bell, Delgado SPCO-01	4:17.47 Atkins, V Der Veen Halttunen, Maguire SPM-92	9:50.45 Eaddy, Kennedy Day, Euler SPM-01	35+	1:32.67 Starford, Hawkins Scott, Hudson TBAC-01	1:45.51 Hudson, Starford, Buckley, Scott TBAC-99	4:27.68 Betzer, Day Eaddy, Davis SPM-00	4:52.65 Betzer, Burns, Grau, Bishop SPM-93	8:41.63 Stephens, Bastie, Auer, Kennedy SPM-97	45+	1:35.25 Claffin, Hefner McCormack, Bowers SWIM-01	1:46.62 Claffin, Donnelly McCormack, Hefner SWIM-01	4:52.29 Ferris, Cox, Torsney, Kohnken SPM-95	5:03.76 Hutinger, MacDonald Torsney, Smith SPM-96	11:49.02 Maloney, Hutinger, Kurtzman, McDonald FMM-97	55+	1:50.87 Cunney, MacDonald, Cousens, Thomas SMS-84	2:03.16 Betzer, V Der Veen Arnold, Greenburg SPM-00	6:02.78 Johnston, Tillotson, Hotvedt, Molloy SPM-91	6:55.93 Tillotson, Molloy, Johnston, Hotvedt SPM-92	13:46.24 Malloy, Tillotson, Hotvedt, Walbolt SPM-90	65+	1:58.00 MacDonald, Ferris, Smith, Hutinger SPM-96	2:16.03 Hutinger, Smith, Maloney, Ferris SPM-96				75+	2:37.16 Thornburg, Mackey Tillotson, ??? HLJ-91	3:01.59 Thornburg, Mackey, Tillotson, ??? HLJ-91				85+	3:49.58 Malbrough, Starr Tillotson, Holden FMM-00	4:54.41 Malbrough, Starr Tillotson, Holden FMM-00			
200 FREE-MIXED		200 MEDLEY-MIXED		400 FREE-MIXED		400 MEDLEY-MIXED		800 FREE-MIXED																																											
19+	1:37.71 Winters, Davis, O'Brien, Tremml ORLM-91	1:49.79 Barnicoat, Cretin, Kinsella, Winters ORLM-89	5:06.88 Powers, Hardy Amman, Harmon IRCC-01	5:11.38 Dykstra, Kelsey Amman, Lounibos IRCC-01		25+	1:34.83 A Eaton, D Eaton, Nauta, Halfast SPM-98	1:42.69 Lane, D Eaton, Barton, A Eaton SPM-98	4:32.51 Marcy, Turner Malac, Sgarato SPCO-01	5:11.68 Hardman, DeSalvo, Bliss, Darling SPCO-97	35+	1:38.21 Buresh, Tibma, Specht, Shonkwiler SPM-98	1:46.82 Buresh, Orlando, Specht, Shonkwiler SPM-98	4:19.28 Dodd, Brewer Mumma, Redic SWIM-01	5:33.40 Betzer, J Piper, Lambke, Lado SPM-99	45+	1:49.91 Page, Bromwich, Maguire, Edwards SPM-95	2:05.08 Betzer, Bromwich, Phye, Page SPM-95	5:05.96 Franson, Hoier Lounibos, McMillen IRCC-01	5:10.81 Harmon, McMillen McDonnell, Hoier IRCC-01	11:56.69 Tucker, Allen, Cox, Burns SPM-94	55+	2:04.72 Betzer, Bromwich Lambke, Arnold SPM-99	2:18.23 Betzer, V Der Veen Lambke, Bromwich SPM-00	5:24.09 Ferris, Tucker, Knight-Perry, Burns SPM-92	5:34.52 Allen, Tucker, Burns, Ferris SPM-92		65+	2:22.23 Avery, Reynolds, Holmes, Carr HLJ-93	2:31.60 P Hutinger, Smith, McEwan, Carr SPM-96	6:49.72 Cederlund, Sinacore Thomas, Sigersmith SPCO-01	7:30.89 Cederlund, Robeck Thomas, Sinacore SPCO-01		75+	2:35.78 Kenner, P Hutinger Carr, Cleaveland FMM-01	3:27.14 Cichanski, Schimpf, Johnston, Hotvedt SPM-93				85+											

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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.



We here at the 300 Club in Gainesville have a tried and true blue tradition of swimming for fitness, relaxation, and lastly...competition. Our club (like most across the country) has a ratio of 9 to 1, for every swimmer in the club that actually care about or engages in competition. Be that as it may, it is curious as all of you competitors know...the non-competitors are our inspiration. They compete with us at every daily practice. They swim with us during times that are not scheduled practices and offer, not only encouragement, but as often as not, advice on stroke technique and strategy. They also do this during regular daily practices, when the coaches' backs are turned.

When the few of us do compete, and as often as not it might be an embarrassment to the club, the non-competitor members are always there the following Monday to ask how we did and to offer congratulations as well as encouragement, if we are disappointed in ourselves. In some vicarious manner they compete through us, with us, and enjoy our victories as much if not more than we do. They participate in a very active manner in our growth and development, for surely, our teammates are our true source of inspiration.

We are now a small club and compete in such a manner. But we are a well established and heartfelt club that continues to draw the insightful, the inquisitive, and the dedicated health minded athletes of Gainesville. We have been here for 23 years, have been through various name changes, and expect to be here a long, long time.

Recently, five of us (Victor Buehler, Ron Davis, Barry McEwen, Bill

Rodenfels, and Meegan Wilson) competed at the Dixie Zone Long Course Meters Championships in Sarasota, Florida (as you can see below). Even with one day of competition cancelled due to lightening, 300 Club Masters won 3rd in the small team division and took home one of Dick Brewer's beautifully designed trophies.



If you come to Gainesville on a visit, please come and swim with 300 Club Masters! ☺

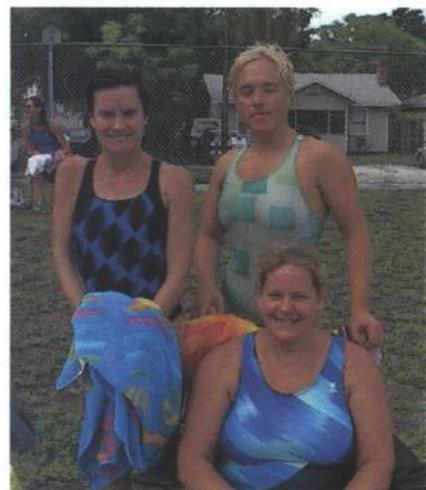
AMBERJAX MASTERS
Jacksonville Beach
JacqueTrude ajaxh20@aol.com

Jennifer Smetanick attended the 2001 Dixie Zone Championships in Sarasota. Jennifer (30-34) placed 3rd in 50 free and 100 Back, 4th in 200 IM and 5th in 100 free. Thanks for attending, Jennifer!

AREA TALLAHASSEE
AQUATIC CLUB
Tallahassee
John Black jwblack@nettally.com

Phillip Pollack (50-54) attended the 2001 Dixie Zone Championships in Sarasota. He swam 100 free in 1:16.05 and placed 4th. Thanks for representing us, Phillip!

BLUE WAVE MASTERS
Brandon
Chris Daniels waveblue@aol.com



The Hernando County Y swimmers have joined up with Blue Wave. Thus it was nice to be in Sarasota as a stronger force even though the weather was half nice. Sue Moucha, Leah Greene and Elaine Smith swam on Sunday and the 3 of us managed a 6th place in the small team division. GO TEAM! Gretchen Pingly was signed up for Saturday, but weren't we all.

All our members are staying busy. Becky Haldeman swims once a month as a Weekly Wachee Mermaid. When she was younger that was her fulltime job. Gretchen Pingly has stayed quite busy trying to get things in order for building a stilt home and is also in training with her husband for some upcoming triathlons. Sue Moucha is preparing to go compete in Nottingham, England in the Cerebral Palsy World games. She will be swimming the 100 Breast and the 50 Free on July 23-25. GOOD LUCK SUE. Leah Greene is continuing her education and will be finished soon. She stays active with biking, in line skates and body building. Keith Burbridge is recovering from back surgery and is looking forward to getting back into competition. Elaine Smith has been busy just being her. She has all the gear needed to learn in line skating but hasn't done it yet. Charles Chapman recently competed in the 15th National Veteran's Golden Age Games held in

Duncanville, Texas on June 15, 2001. He won gold in the $\frac{1}{4}$ mile bicycling, 25 yard freestyle swim and 50 yard freestyle swim. Chuck is 70 and we are glad to have him as a team mate.

BRADENTON MASTERS SWIM TEAM

Bradenton

Ted Bennett poolman@bhip.infi.net

Hello,
We have just started a new team here in Bradenton. We are 13 members strong and just got a big press release boost from our local paper! They were at our practice last Wednesday and we made the front page of the sports section today!

We are just a month old and we have swimmers going to St. Pete next weekend to compete. So, for whatever its worth I wanted to let you know that we are out there and would like to contribute any way I can for you.

Thanks,
Ted Bennet
Coach



CAT MASTERS
Clearwater

Joan C. jcampb10@tampabay.rr.com

Spring fever hit CAT Masters in April, as demonstrated by the results of Y Nationals. There were many excellent races, with some personal best times and numerous top 5 swims. Top 8 results are as follows: **Joan Campbell** placed 1st in the 200 breast, and also had three 2nd place and three 3rd place swims. **Bill Conlon** took 6th in the 50 back. **Nancy Durstein** placed 3rd in the 1650 free, and took two more 3rd and 4th places, plus one 5th place. **Bob Lavanture** took 3rd in the 100 back, with additional 3rd, 4th and 5th place swims. **Pat Marzulli** placed 5th in the 200 breast and also had an 8th place swim. **Don Puchalski** took 5th in the 400

IM. **Alex Ramirez-Miller** won 2nd in the 500 free and had three 3rd places and one 4th place swim. **Elliott Schofield** took 3rd in the 100 back and won three more 4th place awards. **Mike Smith** placed 7th in the 50 fly.

CATM swimmers also had a great showing in the May 6th Development meet held at North Shore Pool, especially in the 1500 free. Participants included **Joan Campbell**, **Anita Irons**, **Alex-Ramirez Miller**, and **Shaun Tibbs**. Both Joan and Alex returned to North Shore for the June 3 Development meet with strong showings in the 200 and 800 meter freestyles, along with **Bill Conlon** who won the 100 breast and took second in the 50 fly.



The month of June ended with a bang for CATM at the Dixie Zone Long Course Championships in Sarasota. After a slow start, as the first day was canceled due to bad weather, CATM won the Visiting Small Team High Point Trophy. Several swimmers also had outstanding swims including **Don Puchalski** who set the Florida LMSC record in the 100 breast with a time of 1:31.39. This is an astounding feat in light of the fact that Don had a heart attack just two months earlier at Y Nationals. I believe it is safe to say he has made a complete recovery. Congratulations Don! High point trophy winners included **Christine Boudringhin**, and **Joan Campbell** who took first place trophies, **Nancy Durstein**, **Bob Lavanture** and **Don Puchalski** each with second place, and **Mike Smith** who took third. Individual first place winners

included **Christine** in the 50 and 100 free, **Elspeth Stuckey** with a first in 100 back, **Joan Campbell** in the 50 breast and 100 free, **Nancy** in the 100 back and 200 fly, **Don** in the 50 and 100 breast and 200 IM, **Alex Ramirez-Miller** in the 400 free, and the 800 free relay composed of **Alex**, **Bob**, **Don** and **Elliott Schofield**.

We also have quite a few triathletes and open water swimmers on our team. **Nancy Durstein's** team, **Terrific Trio**, placed third in the **Grand Masters** at St. Anthony's Triathlon amateur race, held in St. Petersburg on April 29. **Ron Collin's**, team, **Innocent Bystanders**, took 3rd in the **Open Mixed** category. **Shaun Tibbs** recently completed a grueling 6-hour half Ironman triathlon in Panama City Beach. May 12's Hurricane Man 2.4 Mile Rough Water Swim participants included **Ron Collins**, **Nancy Durstein**, and **Pat Marzulli**.

On April 21, the 4th annual 24 mile Tampa Bay Marathon was held. 6 out of 21 individual swimmers completed the swim, despite cold water, heavy tides and rough water. **Chris Derek**, last years winner from Miami, was the repeat victor with a time of 9 hours, 4 minutes. The women's champion was **Laura Borgelt** from Colorado, completing the distance in 10 hours, 20 minutes.

In addition to swimming events, CATM members have been doing some world traveling. **Nancy** and **Dick Durstein** celebrated their 50th wedding anniversary on June 9th. Following the renewal of their vows, they spent a "second honeymoon" in Portugal.



Oyr secret reporter Kitty Magness, DST, obtained the photo and this report: Nancy and Richard are proud parents of six grown children, all college graduates, and proud grandparents of eight grandchildren. They look forward to a big family reunion with the whole crew August 4th in Isle of Palms, South Carolina. Have fun and best wishes. Best, Kitty! ☺

Dave Gifford and his partner Jean Seeler recently returned from a bike tour of Spain. We look forward to hearing more about their exploits in upcoming newsletters.

As for recoveries, we also are happy to report that Alex-Ramirez Miller's wife Pat is also doing well following her arterial spasm this past spring.

There has also been quite an influx of new members since March. CATM welcomes the following swimmers: In the 19-24 age group, Brandi Broga and Kim Enright. In the 25-29 group, Christine Boudringhin and Alex Santos. In 30-34, Kelli Borenstein, Keir Borreson, and Alton Delane. In the 35-39 group, Mary Beth Dubois, Todd Hinrichs, Tony Scott and Nicole Sondermann. And in 40-44, Barrie Coates, Susan Coates, Tim Hudson, Andrea Nauta, Lyn Sears, Cheryl Silvers and James Whitsett.

Good Luck to all swimmers participating in Senior Nationals, Long Course Championships and USMS Long Course Nationals in Washington.

CARROLLWOOD VILLAGE

PIVOT



Swim Team

Masters Program

Tampa

Randy Johnson cvstrandy@aol.com

Karen Becker and Randy Johnson attended the 2001 Dixie Zone

Championships in Sarasota. Karen (30-34) swam 100 free, 100 back and 200 fly and placed 1st in all events. Randy (35-39) swam 50 and 100 free.



DIANETICS SWIM TEAM

Clearwater

Kitty Magness magnessf@gte.net

We welcome our newest member, Chris Eisenman. He was a fellow High School class mate of another one of our swimmers, Gertie.

Gertie Perry ventured out on her own and attended the 2001 Dixie Zone Championships in Sarasota. She did well and placed 3rd in High Points. We are also proud to hear that she was the only FL LMSC swimmer to have swum all 18 SCY events last year and placed so well in them. Congratulations!

Brian Smith is laid up with a foot injury and we hope he will be all mended up and as good as new very soon.



We would like to thank Editha Ottensteiner for her hard work in raising funds for our team this month. Her help is very much appreciated!

A special mention also goes to Kitty Magness for her efforts in doing the same.

Practicing hard, we are gearing up to enjoy our very first relays in St. Pete. Triathlete Scott will be joining us that day in this endeavour. Thanks, Scott!

DAYTONA BEACH

MASTERS

Daytona Beach

Jean Sterling sterlij@attglobal.net

Thanks for a great newsletter last time. We enjoyed it very much.

We are a small team - something like six or so. Most folks around here seem to be either interested in water aerobics or triathlons. We have somebody who coaches two mornings a week now. He is enthusiastic and would like to get people to go to meets. Maybe he might talk some folks into trying the short course meters in Orlando.



I attended the 2001 Dixie Zone Championships in Sarasota and plan on making up the missed Saturday events, which I was most interested in, in Greenville at the end of July.
Note: Jean placed 1st in High Points ☺

FOREST HILLS

AQUATICS

Lutz

Milt Bedingfiled Year2525@aol.com

I would like to ask you to consider the following survey:
Question: What would you think about having the 500 Free as the first event on Saturday at say 9:00 am and the rest of the pool would be available for warm up during this time and then

the rest of the events may then get underway by about 10 or 10:30am? Please email me your answer at the email address above.

As meet director of a large meet, it has always bothered me that as the meet wears on throughout the day there appears to be more and more talk about "scratching the 500" because swimmers are tired - naturally. Even if they do not scratch and swim the event they are still somewhat tired due to their previous events. For anyone trying to achieve a really good time in this event it would appear that they should do it earlier in the meet when they are more fresh. Another reason for this is the meet becomes very anticlimactic as the only swimmers usually left at the end of the meet are the 400 IM and 500 free participants. The high point awards and team awards presentations at the meets conclusion are poorly attended where many winners are often not even in attendance when their name is called. I remember at one meet where some of my newer swimmers did well enough to earn a high point award and there were only a dozen or so people around to hear about it. In conclusion I believe that putting the 400 IM and 500 free events at the beginning of the meet, on separate days of course, and putting one relay as the last event would help maintain enthusiasm until the last swim is done! Swimmers not participating in the longer events can get to the meet maybe an hour later and warm up during the 500's. I would like for swimmers to email me back with their comments at year2525@AOL.com. Thanks, Milt



DIXIE ZONE CHAMPIONS

The weather man was uncooperative at Sarasota, on June 23, and all

Saturday events were cancelled, due to the stormy weather. The storm clouds cleared on Sunday, and except for a brief delay, all events were swum. Although the meet was shortened, SWIM still incurred expenses with awards and printing. They gave the non-perishables from the social to Resurrection House, and the bulk of their net proceeds to the Boys and Girls Clubs of Sarasota. The Florida Mavericks won the large team division of the Dixie Zone LCM Championships, with 449 points. The Dixie Zone is comprised of the nine states in the Southeastern US, and twenty two teams competed in the meet. A highlight of the meet, was a father and son 800 free relay. Joseph Kurtzman and his son, Andrew, combined with Paul Hutinger and his son, Chuck for a first place finish in the 240+ age group. This was a first time event for this foursome, and Chuck Hutinger's first Masters meet. Age group high point winners included Patricia Tullman, Gertrud Zint, Paul Hutinger and Edward Fulmer. Receiving second place high point awards were Gladys Olsen and Robert MacDonald. Third place winners were Margie Hutinger, Jean Troy, Florence Carr, Stephen Everhart and Alan Maloney. Others swimmers not mentioned previously included Flavia Zappa, Patricia Hoffman, Frank Tillotson and Robert Williams.

TEAM AWARDS, 2000

The mavericks two spring awards dinners were held at Der Dutchman in Sarasota and Carrabbas in Clearwater. We honored our 33 Top Ten swimmers for 2000, including 17 All Americans. This is a remarkable achievement, considering our membership numbered 50. We also recognized 7 new members, who earned Top Ten or All American status from their former teams. This year, the award was a large orange mesh bag, with the Maverick logo and green frog on one side, and either a Top Ten or All American design on the other side, personalized with each swimmer's name. Door prizes, always a highlight, were donated to the lucky recipients by Eliason, Hutingers, Prokopi,

Starrs and Tullman. Coach Paul presented four Coach Awards, for exceptional 2000 performances. They all received certificates, plus a gift. Outstanding female--Jean Troy--Gift--shock cord pulley. Outstanding male--Robert MacDonald--Gift--breast stroke shock cord pulley. Long Distance Award--Charles Schlegel--Gift--brief case. Most Improved--Margie Hutinger--Gift--duffel bag.

YMCA MASTERS NATIONALS

Sixteen Mavericks represented the Summerville Family YMCA, at Y Nats, in Sarasota. Six hundred swimmers competed from 86 YMCAs. The Mavericks broke 16 Y National records and three Masters National records. The Y team also included swimmers from Gold Coast, Indian River and Sun City Center. **OUR WOMEN WERE NATIONAL CHAMPS!** Women's Y team-1st Place, Small Team Division Men's Y team-2nd, Large Team Combined Y team-3rd, Large Team Florence Carr broke National records in the 50 free, 35.76, and the 100 IM, 1:41.51. The 200 Free Mixed Relay, 75+, with P Hutinger, Carr, Regan Kenner and Bud Cleaveland also broke the National Record in 2:35.78

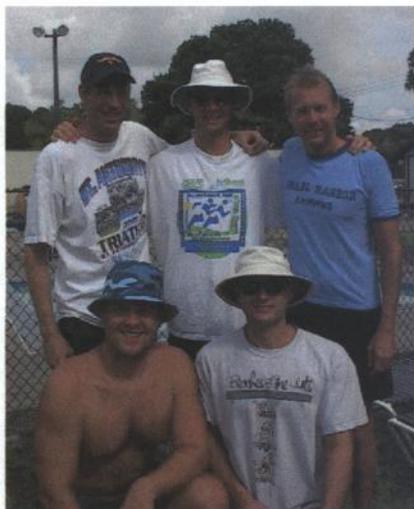
2-MILE CABLE NATIONAL CHAMP

Peggy Hughes, 80, competed in the US Masters National Championship 2-Mile Cable Swim, in Indianapolis. Eighty-two stalwart swimmers endured the 50 degree morning air temperature and the 73 degree water temperature at Eagle Creek Park. Hughes won her age group in a National record time of 1 hr 41:17.



David Quillen, David Murphy, Stewart Dawson, Don Gornto and Michael Barnard attended the 2001 Dixie Zone LCM Championships in Sarasota and represented us well. David Q., David M., Stewart and Don set a FL LMSC record in the 800 Free relay with 9:49:78. In High

Points, Don placed 1st (30-34) as did David M. (35-39).



Last but certainly not least, we placed 2nd in the Small Team division. **AWESOME, GUYS!**

Congratulations also to our triathletes and their great performances up at the Chattanooga Dam on the same weekend.



HAMMER HEAD SWIM CLUB

Winter Park
Terri Pyle chaseterri@aol.com

The Hammer Head Club is located in Winter Park (just NE of Orlando).

On June 9th, I did a paddleboard race around Key West and completed the 12½ miles in 3:07.

On July 21st, I will be leaving for Greece to swim 16 miles in the Aegean Sea. Wish me luck!

Note: Terri is indeed very excited about going to Greece. Here is how she expressed it in an email to her supporters:

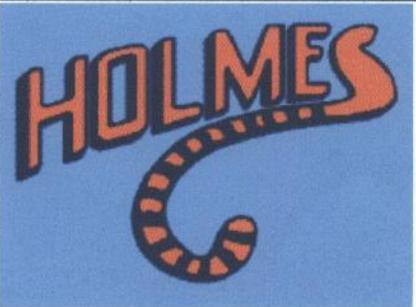
As I get ready to embark upon my journey to Greece, I just wanted to tell you all first and foremost that I am **PSYCHED!!!** And, I wanted to thank all of you for your encouragement and support.

I wouldn't be as "psyched" without you!

Thank you: to Randy Nutt for contacting just about everyone you know in the swimming community about my need for a coach, as well as all the swim suits/caps and overall "Yes you can" attitude. To John Ceraolo: I would not be going without your presence as my coach. To Rusty Scala for sponsoring my coach--what an absolute gift from someone I never expected. To Michael O'Shaughnessy for making me feel invincible. To Sue March for the best hugs. To Rhonda Dunkhum and Jo Slack, for supporting me even though you think I'm crazy. To Linda Rubin for letting me borrow Lance Armstrong's book *It's Not About the Bike*--if he can conquer his demons, I can conquer mine. To Rene Placencia, Donna Lamb, Chris Sadowski, Alex Pfluger, Tom Strobbel, Dimas, John Rife, Mike Collins, and Elizabeth Bagley, who were willing to drop everything and fly across the world to spend 8 hours in a boat just to cheer me on.

I feel incredibly lucky to know all of you.

Okay, enough of the sentimentality, Let's Race!



Holmes Lumber Jax
Jacksonville
Peter Nickodem Pnickodem@aol.com

Holmes Lumber has undergone some major changes in the last two years. The most notable has been our move from the University of North Florida to Episcopal High School. This has allowed us to control some of the costs plus swim long course throughout the winter and summer. We have lost some training days due to frigid weather and lightening but

the advantages outweigh the losses.

The second change is that the emphasis has changed from competing in meets to competing in open water swims and triathlons and fitness. We still have a core of about 15-20 (out of 75 registered) swimmers who like competing in meets.

The third big change has been a change in coaches. Walter Steele, our coach for the past 5 years, has asked for a leave of absence due to work commitments. We recently hired Kerry Wick, a well known local age group coach.

Several swimmers do well in local sprint triathlons, and one of our members qualified for the Ironman in Hawaii!

We are gearing up for the Orlando Short Course Meters meet and will be there in full force. And, we will provide a definite answer at that meet to the question, "Where is Holmes Lumber?"



INDIAN RIVER COMMUNITY COLLEGE MASTERS
Marjorie Newman FLNewman@aol.com



I signed up for the 2001 Dixie Zone Championship in Sarasota but then injured myself. But I attended anyhow and cheered everyone on! I am just back

in the water after a month of physical therapy for the torn hamstring. Sure good to be back.

We are planning to send some swimmers to Federal Way in August and also to New Zealand in 2002. One of our "flighty" members, Don Hardy, just returned from a month in France. Now, if we could just get him to settle down and swim a few laps!

We are starting early this time by planning our Craigie Meet for the first weekend in May 2002. Please mark your calendars. Scott McMillan has offered to be our Meet Director, so we should have an exceptional Meet.

Last but not least, we just signed up our 30th member for our team!

LAKE COUNTY AQUATICS MASTERS

Leesburg

Rene James coachrene1@aol.com

The USMS SCY Nationals in Santa Clara turned out to be a family reunion for the Feltons on our team. We had four swimmers representing Lake Aquatics, all were related, two from Florida and two from Arizona. These four also brought some cheerleaders with them and as I was told by other local swimmers - you could hear their cheerleaders who were definitely having a fun time cheering on their family members. At Nationals, Tanya Felton (19-24) had a splashing debut into the masters scene by breaking two Florida records in the 200 free and 200 IM. Her times in some of her other races were just fractions off other Florida records. In her debut, she won the 50 free, was second in the 200 free and 200 IM, and eighth in the 50 fly. We are excited to have her as a valuable member of our team!!! (Sorry, University of Tennessee Swim team - we only let you have her for four years. She is ours now!!). Tanya's mom, Linda Felton (50-54), also had an awesome Nationals meet. She also broke a Florida record in the 50 free. She

posted personal best times in all her events at Nationals. Her place finishes were as follows: 50 free - 8th, 100 free - 11th, 50 breast - 4th, and 50 fly - 9th.

Congratulations to Ann and Carol who also represented us well and enjoyed their swimming debut as members of the Lake County Aquatics Team.

We also had two swimmers represent our team at the YMCA Nationals in Sarasota this past April. Rick Bergholtz and Kurt Wickizer both had fun and swam well at the YMCA Nationals. Congratulations gentlemen and welcome to the team Kurt!!!!

We were also represented at the 2001 Dixie Zone Championships. Amanda Blackman (19-24) placed 2nd in the 200 IM with 3:05.61

MARION COUNTY Y MASTERS

Ocala

Tom Koenig

Mary Clemmons, Doug Weaver and Tom Koenig attended the 2001 Dixie Zone Championships in Sarasota. Mary swam 50 free and 400 free thus placing 1st in High Points (55-59). Doug (40-44) swam 50, 100 and 400 free. Tom swam (70-74) 100 free, 100 back, 50 breast and 100 breast and so placed 1st in High Points.



Cocoa-Cocoa Beach

Tina DeSalvo zendes@cfl.rr.com

Space Coast masters swimmers have been breaking records, winning National events, and even earning All-American Honors!

Bunny Cederlund has set 2 more National Records in the 50 back and 200

back. Bunny, who swims in the 75-79 age group was in Georgia swimming in the Classic City Masters meet when she captured her two latest records.

Bob Sigersmith traveled to Santa Clara for the 2001 National Masters short course championships. He won the 1000 free in the men's 75-79 age group with a time of 18:31.31. Bob "Tiger" Sigersmith credits the "seemingly effortless strokes that we practice at our pool" for catapulting him to victory and fame. He swam a total 6 events, coming in 2nd in the 50 back and 3rd in the 100 free, 50 free, 200 free, and 500 free. Bob's lone efforts put SPCO 71st out of 144 teams in the small teams division.

Lee Nessel and Amanda Pagon both reached All-American status in the year 2000. Lee was in the 19-24 age group, and Mandy was in the 25-29 category.

Nineteen members of the Space Coast Masters Swim Team combined to top a field of 15 Florida teams at the 11th Annual Stanton C. Craigie Memorial Swim Meet at Indian River. In the field of about 100 competitors, several swimmers dominated their age groups and the Brevard swimmers won all but one of the relay events they entered.

Tom Bliss won nine of his ten individual events to win high-point in the 45-49 age group. He broke a minute in the 100-yard individual medley, swimming 59.98. Bunny Cederlund won her eight events to win high-point in the 75-79 age group, significantly dropping her seed times in the 200 backstroke (3:53.20) and 100 backstroke (1:39.00). Bob Sigersmith, 76, won six individual events; Al Rogerson, 75, won five and Dave Thomas, 68, won four events. Missy Bliss won four events and was second overall in the 40-44 age group. Carolyn Malac was third overall in the same age group, also with four first-place finishes. Pete Turner was second overall in the 40-44 age group with three individual wins and Herb Delgado won two events in the 35-39 age group. Rounding out the Space Coast Championship team were Lynne Sgarlato, 30-34; Mike Marcy, 35; Karen Halford, 35-39; Terry Bell, 52; Angie Sinacore, 70; Rick Orcutt, 49; Dick Robecki, 71; John Sinacore, 77; Albert

Chipman, 78; and Lester Bell, 79.

The team also had a good turnout at the St. Petersburg short course meet. Nine SPCO swimmers attended that meet. Al Rogerson won 3 of his seven events in the 75-79 age group, and Bob Sigersmith won 2 in that same group. John McCall was 1st in the 200 fly and 2nd in the 100. Mike Marcy competed in 8 events, earning 2nd and third place awards, and Carl Finney swam in 11 events. Angie and John Sinacore both competed, as well as Lynne Sgarlato who swam 2 events and Sam Fadullon competing in 4 events.

Lee Nessel and John McCall competed in the YMCA Nationals in Sarasota. Lee swam some great sprints, winning the 50, 100, and 200 free. John swam his fourth fastest time ever in the 100 fly at 56.28, earning him a third.

The team has an upcoming social event planned in August in honor of our Long Course National hopefuls. Bunny Cederlund and Tom Bliss will be heading to Washington for the event. We like to load our top athletes up with a lot of muffins, cake, bagels and other highly overprocessed carbohydrates and fats before sending them off to compete in the big events. We also like to send them off with our best wishes.



St. Petersburg

Chris Swanson ctswanson@yahoo.com

The St. Pete Masters are pleased to welcome their new head coach, Fred Lewis, along with assistant coach, Stephanie Lee. Fred has coached national swimmers at multiple levels, including Age Group, Junior Nationals, Senior Nationals, Olympic Trial Qualifiers, and

Olympic Gold Medalists. We are excited to have both Fred and Stephanie join us!

The St. Pete Masters recently competed in the Dixie Zone Long Course Championships. Leading the team was JoAnn Harrelson, who was voted the meet's Most Valuable Swimmer. Other SPM swimmers winning high point awards in their age group were Rebecca Trompke and Pete Arnold. SPM swimmers scoring points were JoAnn Harrelson, Rebecca Trompke, Charlotte Petersen, Livia Zien, Suzette Seril, Jason Breese, Gary Bastie, Harold Ferris, Charles Kohnken, and Pete Arnold. The St. Pete Masters would like to thank SWIM for their hard work in organizing the Dixie Zone Championships.

SPM is also pleased to announce that Judge Bob Beach recently won the 2001 USMS 2 mile Cable National Championships! Judge Beach previously won the 5K National Open Water Championships in April. Additionally, 7 SPM swimmers competed in the 2001 USMS Short Course National Championships in Santa Clara. Bill Specht led the team with wins in the 100 and 200 butterfly. Other swimmers scoring in the Top 10 were Jason Breese, JoAnn Harrelson, Rebecca Trompke, Livia Zien, and Allison Beebe.

We look forward to seeing everyone at our home meet on July 20-22. Along with that, many of our swimmers are training hard for LC Nationals in Federal Way! To stay posted on SPM news, visit our team website at <http://hometown.aol.com/swimspm>. Happy training!



SUN CITY CENTER
SHARKS

Sun City Center
Sue Landers

larrysuelanders1@prodigy.net

We were represented at the 2001 Dixie



Zone Championship in Sarasota by Jean Allen. Jean (60-64) placed 1st in 50 and 100 Breast and 2nd in 50 Free. Thanks for attending, Jean!



Ft. Myers - Sarasota

Dick Brewer swimflorida@usms.org

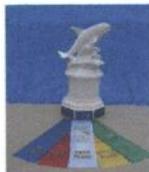
SWIM Florida Masters set 18 new Florida LMSC short course yards records this spring. Individual Florida record setters include Pam Mumma (50 free, 50 back, 50 fly), Chris Gilligan (50 back, 200 back), Dren Geer (100 fly), Rudy Vazmina (100 breast, 50 fly, 100 fly), Kent McWherter (100 fly, 200 fly), Rick Walker (500 free, 1000 free, 1650 free), and Jim Donnelly (200 breast). Florida relay record setters are Men 45+ 200 Free (Casey Clafin-Dave Hefner-Kevin McCormack-Bert Bowers), Men 45+ 200 Medley (Casey Clafin-Jim Donnelly-Kevin McCormack-Dave Hefner), and Mixed 35+ 400 Free (Pam Mumma-Dick Brewer-Martha Dodd-Jim Redic).

Three SWIM Florida Masters conquered 4-foot waves at the USMS 5K National Open Water Championships in Hollywood, FL on April 28. Jack Thomas placed 1st in the 25-29 age group, Rick Walker placed 2nd in the 50-54 age group, and Tom

Schwartz placed 3rd in the 44-49 age group. Rick Walker (50-54) and Kevin McCormack (45-49) were the only SWIM Florida Masters to travel to Santa Clara, CA for the USMS SCY Nationals, but they represented the club well! Walker placed 2nd in the 1650 free, 3rd in the 500 free, and 5th in the 200 free. McCormack placed 3rd in the 100 fly and 4th in the 50 fly.

Twenty-six SWIM Florida Masters competed in the April 26-29 YMCA Nationals at Sarasota and captured ten individual championships and one relay championship. The group represented Y teams from Sarasota, Collier County, Marco Island, and Orlando. National champions were Larry Black (1000 free, 1650 free), Casey Clafin (100 back, 200 back), Dren Geer (100 fly), Chris Gilligan (200 back), Kent McWherter (100 fly, 400 IM), Pam Mumma (50 free), and John Woods (100 free). The Men's 45+ 200 Medley Relay of Casey Clafin, Jim Donnelly, Kevin McCormack, and Dave Hefner also won a national championship.

The Dixie Zone/SWIM Florida Masters Long Course Championships were held June 23-24 in Sarasota and produced a number of record swims in spite of losing all of Saturday's events to severe thunderstorms. June Krauser (GOLD) set world records in the 200 fly and 200 IM and an American record in the 100 breast to lead the record run. Joe Kurtzman (FMM) broke a Dixie Zone record in the 200 fly as did the FMM 320+ 800 free relay team of Frank Tillotson, Gertrud Zint, Gladys Olsen, and Robert Williams. New Florida LMSC records were set by Pam Mumma (SWIM) in the 50 free, Deb Walker (SWIM) in the 50 and 100 breast, John McCall (ORLM) in the 200 fly, Don Pulchalski (CATM) in the 100 breast, and three relay teams: Men's 120+ 800 free (GSC-- David Quillen, David Murphy, Stewart Dawson, Don Gornto), Men's 200+ 800 free relay (SWIM-- Rick Walker, Jim Redic, Jim Sweeting, Rudy Vazmina), and the Mixed 200+ 800 free relay (SWIM-- Chris Gilligan, Dren Geer, Cheryl DiMeo, Robert Davie).



Special custom ceramic trophies went to JoAnn Harrelson (SPM) for the meet's Most Valuable Swimmer and to the top three clubs in both the large and small visiting team categories. Large team trophies went to Florida Maverick Masters (1st), St. Pete Masters (2nd), and Gold Coast Masters (3rd). Small team trophies went to CAT Masters (1st), Gator Swim Club (2nd), and 300 Club (3rd). First, second, and third individual high point winners received Jim Donnelly-designed T-shirts.

UP & COMING... The second annual Estero Island Open Water Swim is set for Saturday, October 27 at Fort Myers Beach. Interested swimmers should contact Gregg Cross at gcrossswim@aol.com for more info.

DUAL MEET INVITATION: SWIM Florida Masters has developed a format for and is looking for Masters teams that are interested in swimming a dual meet at the brand new 25m pool in Fort Myers. SWIM will host the meet as well as a social afterwards. Any interested clubs should contact Coach Gregg Cross at gcrossswim@aol.com for information.

SWIM Florida members should check the club's web site (swimflorida.org) regularly for news and dates. Daily workouts at the Arlington pool are posted on the News page.

TAMPA BAY AQUATIC CLUB
Tampa
Michael Scott Flmantpa@aol.com

We had four men attend the 2001 Dixie Zone Championships in Sarasota: David Maddux, Michael Scott, Brian Starford and Grant Inman. They swam very well. In High Points, David placed 1st (25-29) as did Michael (40-44). Overall, we placed 4th in the Small Team Division. It was reported that they were having fun



and that they were smiling a lot. ☺ Coach Joe has done an excellent job in coaching and keeping our team at an extremely intense level, ready for competition!

We began the Tampa Bay Aquatics Club a few years back with the hope of becoming a force as a team in the area. Unfortunately it hasn't been going that way for us.

We are struggling with personal considerations like "Am I becoming more afraid of not swimming faster?" or "Am I in the best shape I can be in?" and thus we do not have many of our members attend meets.

Besides: we have to think of our coach, Joe. We can't let him down; after all, he is standing on deck at 90 plus degrees, yelling out sets repeating them over and over patiently, and deals with the attitudes of those that seem to need to complain, and then when he asks us to participate in a meet to have such a poor response...ahhhuggghh.....!

Yes, it is a depressing fact that most of us get slower with age, but should we give up competing and performing as a team? NO!

Thus, if any other team out there ran into similar things as we are, maybe you can lift our spirits and help us out! ☺

We'd sure appreciate it. Thank You.



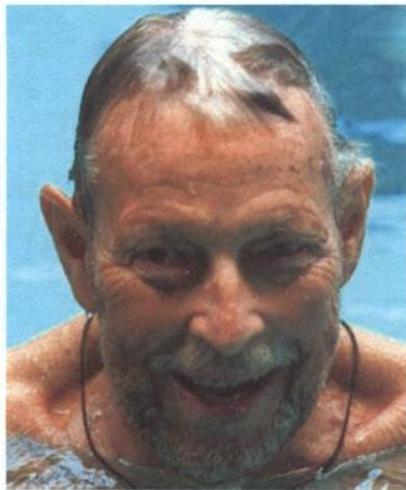


by Frank Tillotson (Florida Maverick)

Work is continuing on the indoor pool that has been closed for 6 years now. The finish is expected in late Fall. About 60% of our \$2,000 went towards 20 water saving automatic shower controls, repair parts and shipping & insurance. Professor Iancu and the Vice President of The Technical University extend their deepest thanks to us.

Remaining funds (held in our account at United Bank & Trust in St. Pete) include a contribution from the bank.

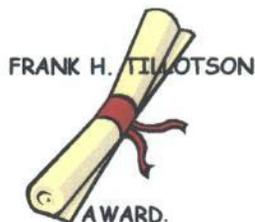
We appreciate your contributions and hope that we may receive a few more from those who were earlier undecided. Contributions can be mailed to the same address as before (or see below).



FRANK H. TILLOTSON
2494 Thirteenth Ave. N #46
St. Petersburg, FL 33713.

THANK YOU & 'SWIM IN GOOD HEALTH'.

The Officers and Chairs of the FL LMSC are working on creating an Annual Awards Dinner. Part of planning is spent on deciding what awards to make available. During the last LMSC Meeting, the Florida Maverick Masters have announced that they will be contributing the



Here is how it came about: In 1999, the Florida Mavericks hosted the 3000/6000 Yards Postal Championships and profited substantially. Our members decided to put half of the profit into a special interest bearing account. After we will have hosted the One Hour Postal in Jan. 2002, we will add to this fund. The interest from this account will be used for a yearly FL LMSC award, outside the Maverick team.

Our intent and goal is to contribute to Masters swimming by recognizing outstanding leadership, beyond our team.

This year, the Special Awards committee decided we would honor an original Maverick, by designating this the "Frank H. Tillotson Award."

This award recognizes his numerous contributions to swimming throughout his illustrious career. Besides competing in Masters swimming at local, national and international levels, he volunteers for team functions; officiates at high school meets plus USA and USMS meets, up to the national championship level and attends Masters conventions. He has served on the insurance, international and legislative committees for USMS and served as newsletter editor for the FL LMSC. His most recent project was to raise funds to renovate a pool in Cluj-Napoca, Romania.

Criteria for this award, exemplifying Tillotson's characteristics, are:

1. FL LMSC Masters swimmer, non-Maverick
2. Contributions to their own team

3. Contributions to FL LMSC, Dixie Zone and/or USMS.

4. Contributions to the swimming community, beyond Masters.

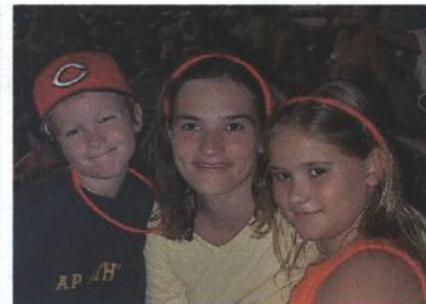
5. Letter of support.

Nominations will be accepted from any FL LMSC swimmer or club. Send your nominations for the Frank H. Tillotson Award, for the year 2001 by December 31, 2001 to:
Patricia Tullman
5432 Twin Creeks Dr
Valrico, FL 33594

Tillotson and the Mavericks Special Awards Committee will make the final selection. The presentation will be made at the Clearwater Meet's Awards Banquet in February 2002. The award will be a plaque and cash.

And as Frank says, "Swim in good health."

Thank you for your encouraging feedback to the May Issue. Some new information has been provided as requested by some readers. I hope you enjoy this issue of the FL LMSC Newsletter just as much and welcome your comments.



Deadline for the next issue: October 1st, 2001.

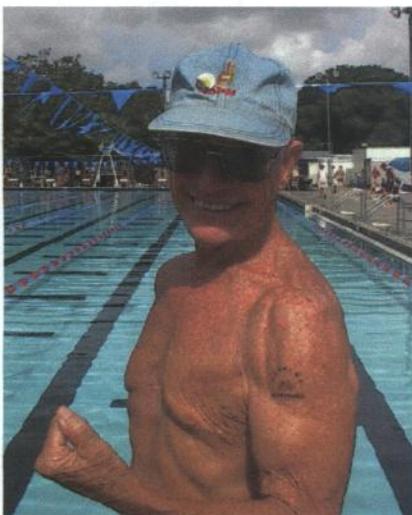
Please email all text and/or pictures to GertraudP@msn.com

FLORIDA

Florida Masters Swim Committee, Inc.
110 - 24th Street
Belleair Beach, FL 33786

ASK THE SWIM DOCTOR

By Paul Hutinger



Question: What are the components of a successful program for Masters swimmers?

Answer: The first answer by many would be the training program. Many highly competitive swimmers use their coach's own workouts or computer generated workouts, like Hy Tek. Non-competitive swimmers, will modify these workouts or find another workout that applies to their goals and time restraints. Scott Rabalais, 1996 Masters Coach of the Year and Chair of the Masters Coach's Association, lists an all inclusive combination of nine items: cardiovascular conditioning, strength, technique, flexibility, kinesthetic ability, nutrition, rest, knowledge of swimming and psychology & motivation. Swimmers, such as Jean Troy, 74, says she uses every technique available to beat highly talented swimmers, such as June Krauser. Troy has frequently beaten Krauser in the 50, 100 and 200 free. Many Masters do not have the time or motivation to follow Rabalais' guidelines. However, many items can be part of a healthy lifestyle, like training (at whatever level satisfies you), nutrition and rest. There are many benefits from these basic principles, which are known by most who have been in the program. One area unknown to many, is the benefit to the brain. Many of you know about endomorphs and the runner's or swimmer's high. Many sufferers of depression take drugs, like prozac to normalize the serotonin in the brain.

Research has demonstrated that aerobic exercise, like swim training, increases serotonin levels which combat depression. The potential dangers of mood altering drugs neurotoxicity can also be avoided. Talk during your intervals is also important for an overall positive therapy and improvement in neurogenesis.

Anyone wanting more info on the topic, please send a large SASE to: Dr. Paul Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703.

PS: I was pleased with the response to last months' topic, glycemic index. This is an important principle to follow, without making drastic changes to your regular nutrition.