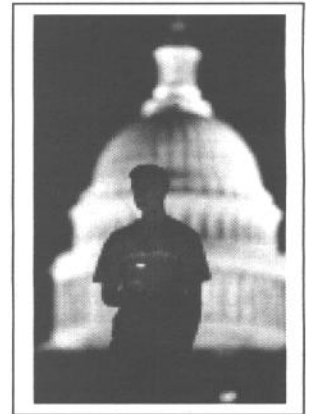


FLORIDA NEWSLETTER



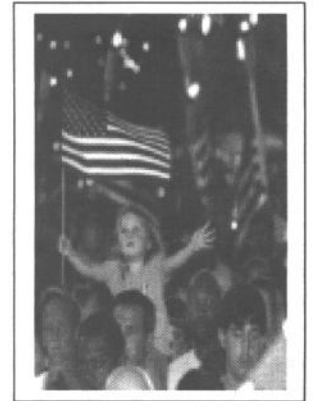
Vol. XVIII No. 4

Local Masters Swim Committee, Inc.

November 2001



A Letter From The President
Special Announcements & Reminders
* 1st Annual Awards Banquet *
News from Around The LMSC
Ask The Swim Doctor
Calendar of Events
LCM 2001 Records



CALENDAR OF EVENTS

Nov 4 / SCM: SPM Development Meet St. Petersburg, FL (Walter Fuller Pool, 7891 26th Ave N). Order of Events: 400 Free, 100 Breast, 50 Back, 200 Fly, 800 Free Relay, 100 IM, 200 Back, 50 Fly, 100 Free, 400 IM.

Nov 8 / SCY: Golden Age Games (50+ only; qualifying meet for FL Snr Games Nov 29-30). Sanford, FL

Nov 14 / SCY: Martin County Games (50+ only; qualifying meet for FL Snr Games Nov 29-30) Stuart, FL. For info call Jesse Moore at 561-221-1419.

Nov 18 / Open Water: The Animal Swim (2-mile individual or 2x1-mile relay). Ft. Lauderdale, FL. Proceeds benefit the Wildlife Care Center to help injured and orphaned animals. Entry Deadline: 11-1

Nov 29-30 / SCY: FL State Senior Games Championships. Lakeland, FL. 50+ only. Must have qualified at one of the 2001 FL regional Snr games meets; info and entry should be mailed to all qualifiers.

Nov 30 / Open Water: Bonaire EcoSwim (5K, metric mile, kids swim, ocean festival) Bonaire, Netherlands Antilles. For fully detailed information see the August issue. Entry Deadline: 11-1

Dec 1-2 / SCM: Coral Springs Holiday Classic. Coral Springs, FL. Entry deadline: 11-6

Dec 8-9 / SCY: FHA 2nd Annual After Thanksgiving Meet. Clearwater, FL. Info included in this newsletter.

Jan / Postal: USMS 1-Hour Postal Championships. Sponsored by Florida Maverick Masters. Sanctioned by FL LMSC. For information, contact Margie Hutinger via email at phut@usms.org or via mail at 1755 Georgia Ave. NE; St. Petersburg, FL 33703. Entry Deadline: 2-10.

Feb 8-9 / SCY: CAT Masters Valentine Meet. Clearwater, FL. Info included in this newsletter. Entry Deadline: 2-1. **First Annual FL LMSC Awards Banquet** after last event on Sat. Everyone is invited (further details included in this newsletter).

Feb 16-17 / SCY: Auburn Masters Invitational. Auburn, AL.

March 21- April 3 / LCM: FINA Masters World Championships Christchurch, New Zealand. To receive notices and updated information, send a blank e-mail to masters-list@eventnz.co.nz A letter will come to you as an interested swimmer from Ponte Vedra Travel about travel package information and the order of events.

April 5-7 / SCY: SPM Short Course Championships. St. Petersburg, FL

April 18-21 / SCY: Y Nationals. ISHOF, Ft. Lauderdale, FL.

Apr 19 / Open Water: 24-Mile Tampa Bay Marathon Swim (rain date April 20). Information and entry will be published later at www.distancematters.com

Note: Many open water swims are not USMS-sanctioned, so USMS insurance will not cover the event (sanctioned swims have a note at the end of the listing). Check with the event organizer about insurance coverage for non-sanctioned events. Three sites to check for additional information and events are Ron Collins' [Distance Matters](#), Randy Nutt's [Aqua-Moon Adventures](#) and [The Victor](#) (click on Events).

When you compete outside the FL LMSC, this includes GOLD, 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. If you have questions, call Margie Hutinger: 727-521-1172 or e-mail: phut@usms.org

Your LMSC Officers & Chairs

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* 2002 USMS Registration *

Please plan ahead! You are not registered and your registration is not pending until it is received and recorded by the Florida LMSC Registrar. Just getting it in the mail or giving it to your club registrar is not enough! You may not swim in a 2002 USMS-sanctioned competition or participate in an organized Masters practice until you are registered for 2002.

Dear FL LMSC Team Members,

Our third LMSC meeting was probably the most successful and well attended we have had in years from what many have said. It followed the 400 IM on Saturday of the Dixie Zone Championships. John and Chris did an excellent job of running the meet and providing us with a comfortable meeting room. In the meeting we covered many important issues that affect us in the long and short term. Some of these issues are as follows and will be covered in some more detail throughout the newsletter:

* A new FINA rule for USS which for the interim affects Long & Short course butterfly events. Swimmers who expect to break a world record need to request official written verification, prior to the actual event, that they did not use a breaststroke kick. This involves all Fly and IM events.

* The November Convention II Delegates are Joan Campbell, Frank Tillotson, Margie Hutinger and Bret Hamlin.

* Recognition & Awards Social Banquet on Saturday following the last event of the Clearwater Valentine's swim meet. All are invited!

* Welcoming of our new Registrar Patricia Tullman.

* The methods of providing a more efficient newsletter production and distribution.

These are just a few of the noteworthy topics we discussed and the input that was provided by all the present team representatives was valuable. If your team doesn't have a team representative or one that can't make it to our LMSC meetings please consider assigning one or an alternate so that your team can be kept informed of all the important issues that are discussed. We want your input and involvement.

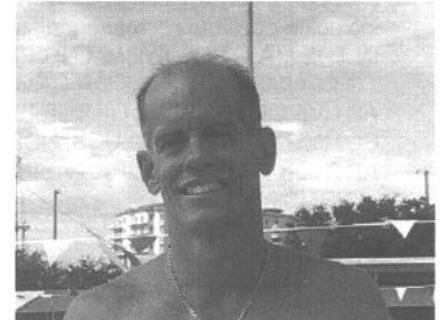
As an update on the survey, we received responses from about 1/3 of the team representatives. I want to thank each of you who took the time to complete the surveys. I have read all the completed surveys and appreciate the feedback. In

the next several weeks I will be compiling all the information and reporting the results back to you. In the meantime I want to encourage any representative that has not completed and returned the survey to still do so. If I get it in the next week I will include it in the final report. From your responses I hope and believe that we can make some changes that will positively equip us to assist you more successfully.

In looking back over this year, many of you have been right there beside me for encouragement and support. It has been a challenging and fulfilling year where we have met each of the challenges together. Without each of you, the task of being the chair would have been too much. Thank you for your support and hard work! I look forward to the accomplishments that we will have through the rest of this year and on in to next.

Enjoy the newsletter and the hard work that Gertie and our other LMSC team mates have put into it.

Yours in the water,



Tom Bliss
FL LMSC President

* Florida LMSC Newsletter *

An on-line edition with color photos of the award-winning Florida LMSC newsletter will be published during 2002 in conjunction with the printed version.

LMSC members may choose to receive the on-line publication instead of the printed edition by checking the newsletter option box on the 2002 USMS/club registration forms. Be sure that the email address on the registration form is correct. Email address changes should be emailed to Dick Brewer (see Officer's Section).



2002 ONE-YEAR MEMBERSHIP APPLICATION

- RENEWAL (my current USMS number is _____) **OR** New registration
- I have changed my address within the last year I coach Masters

Register with the same name you will use for competition. **PLEASE PRINT CLEARLY!**

NAME: last _____ first _____ MI _____

Address _____

City _____ State _____ Zip _____

PHONE: h: (____) _____ w: (____) _____ E-mail _____

Age _____ Date of birth ____/____/____ Sex: M F

Unattached swimmers should enter "0" for the club number and UNA for the club name

Club number: _____ Club name: _____

LMSC NEWSLETTER

The Florida LMSC quarterly newsletter will be offered as on-line versions in 2002. If you would be willing to receive the newsletter on-line (which saves the LMSC printing and mailing costs) instead of through the postal mail, please check the box below. You will be notified by e-mail with a direct link to the newsletter when it is published on-line.

- YES, I WILL RECEIVE THE NEWSLETTER ON-LINE RATHER THAN BY POSTAL MAIL.

e-mail notification address if different from above _____

LIABILITY RELEASE

"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 by and be governed by the rules and regulations of USMS."

Signature _____ Date _____

Your application must be signed

REGISTRATION FEES

USMS (11/1/01-12/31/02) \$ 15.00 *(swimmers registering between Sept. 1, 2002–Oct. 31, 2002, pay \$10 for USMS)*

LMSC fee \$ 8.00

Contribution (from right) \$ _____

I wish to contribute \$1 (or \$____) to the International Swimming Hall of Fame Foundation. I have added this amount to my 2002 registration fees.

I wish to contribute \$1 (or \$____) to the United States Masters Swimming Foundation. I have added this amount to my 2002 registration fees.

TOTAL \$ _____

(membership expires 12/31/02)

Make your check payable to **your club** and mail the check and this form to **your club registrar**.

*Swimmers registering and swimming as "Unattached" should make their checks payable to **FLORIDA L.M.S.C.** and mail the check and this form to Patricia Tullman ~ 5432 Twincreeks Dr. ~ Valrico, FL 33594-8295.*

MEMBERSHIP BENEFITS

A subscription to *SWIM Magazine* during the length of the membership year (\$8 of the annual dues is designated for a *SWIM Magazine* subscription, and periodic mailings from the Local Masters Swimming Committee. USMS-registered swimmers are covered with secondary accident insurance (1) in practices supervised by a USMS member or a USA-certified coach where all swimmers are registered, and (2) in USMS-sanctioned meets where all competitors are USMS-registered.



Local Masters Swimming Committee
presents its first
LMSC Awards Banquet

February 9, 2002, at the Long Center, Clearwater

Recognizing Those Who Excelled in 2001

You are invited to join your fellow Masters swimmers for a relaxing evening at the first annual Florida LMSC Awards Dinner after Saturday's final event at the CAT Masters Valentine Meet.

The banquet hall, located adjacent to the aquatic complex, will open at approximately 4:30 PM to be followed at 5:30 PM by a buffet dinner featuring a choice of two entrees, salad, potatoes, vegetables, and assorted desserts. A cash bar offering wine and beer will be open before and during the dinner. The awards portion of the evening follows the dinner and will be over by 7 PM.

Tickets are \$15/person or \$25/couple, and spouses, significant others, and guests are welcome. Reservations are required and dress is casual. Reservations with a check payable to **Florida LMSC** should be sent to Meegan Wilson, 620 NW 27th Way, Gainesville FL 32607 by December 31.

Awards to be Presented

The Florida LMSC Male and Female Swimmers of the Year

Twelve finalists in two categories will receive awards. The three outstanding male and three outstanding female swimmers in pool competitions will be honored, and the three outstanding male and three outstanding female swimmers in long distance competitions (open water, national long distance championships, and postal events) will be honored.

Nominations: Each club in the LMSC, through its LMSC team representative, is asked to submit one nominee for outstanding male and for outstanding female in the pool and in the long distance categories to Margie Hutinger, 1755 Georgia Ave. NE, St. Petersburg FL 33703, before December 31. The finalists will be chosen from among the club nominees. All club nominees will be recognized in the program.

The Frank H. Tillotson Award

Criteria for the award, exemplifying Tillotson's characteristics, are contributions to his/her own team, contributions to the Florida LMSC, Dixie Zone, and/or USMS, and contributions to the general swimming community beyond Masters. Nominees must be Masters registered with any Florida LMSC team other than Maverick Masters.

Nominations will be accepted from any Florida LMSC swimmer or club and should be sent before December 31, to Patricia Tullman, 5432 Twin Creeks Drive, Valrico FL 33594.

Additional recognition

Swimmers who have set new LMSC records during 2001 will be recognized in the program, and a few humorous awards are also planned – who is the **2001 Florida LMSC Biggest Sandbagger** for the widest discrepancies between seed and actual times? Anyone with nominees and/or ideas for additional humorous awards should send them to Margie Hutinger, 1755 Georgia Ave. NE, St. Petersburg FL 33703 before December 31.

FMM SWIM 300 ACTT BLUE ORLM SWSM SCCS CATM ATAC OVMS HCFY SPM

ATAJX DBMS TBAC LSTT DST IRCC SAST CVST SCFY MGYM LPPD BMSC FCYM

FHA SPCO WIN LCAM HLJ TTM CHAS VAST SLM FLA WFLM GSC

TOP TEN AND RECORDS REPORT



by Margie Hutinger

I have compiled the FL LCM results from eight meets and submitted them.

Pieter Cath hopes to have the preliminary Top Ten finished and posted by 11/2. Please check for errors in your age group. Meets include three Sr Meets (Bradenton, Sarasota and Clearwater), three St Pete development meets, Sarasota Dixie Zone and St Pete Championships. For the FL Top 5, I added results from Brunswick, GA; Greenville, SC; and Nationals.

I have completed the 5K/10K Postal records (from its inception in 1984 through 2000). Other than SPM, participation from other FL clubs has been very limited. Think about this challenge for next year. You can still enter the 3000/6000 yds postal event, through the end of Oct. I will compile these records, later this fall.

The following are the outstanding FL LMSC record breaking LCM swims for 2001. **Patricia Bond** took top honors by breaking two of the oldest records, from 1983. **John McCall** was runner up, breaking a record from 1985. The two top record breakers were **Florence Carr** (FMM, 76) and **Bunny Cederlund** (80) with 6 records. **Robert Beach** (SPM, 71); **John McCall** (ORLM, 50) and **William Specht** (43) tied with 3 records. The oldest records still on the books are **Marg Morrison** (80-84) 50 back and **Michele Falls** (25-29) 1983 and **Chester Miltenberger** (30-34) 50 breast, 1982.

Updated records appear in this issue.

Cathy Shonkwiler (40-44, ORLM) --200 free--2:19.50; broke Martha Martin's HLJ time of 2:21.77, from 1988.

Patricia Bond (60-64, FMM) --100 back-

1:44.06; broke Marg Morrison's SPM time of 1:45.15, from 1983.

Patricia Bond (60-64, FMM) --200 back-3:41.36; broke Marg Morrison's SPM time of 3:46.34, from 1983.

John Galloway (35-39, SPM) --200 IM-2:23.32; broke Brant Bitner's HLJ time of 2:23.34, from 1988. (Last year, John missed the record by .01 of a sec.)

John McCall (50-54, ORLM) --50 fly-28.52; broke John Smith's HLJ time of 30.04, from 1988.

John McCall (50-54, ORLM) --200 fly--2:36.29; broke Burwell Jones' SMS time of 3:05.99, from 1985.

Altogether, 30 women's, 18 men's, and 6 relay records were broken. If you haven't already seen the new Top 5, it is available from your team rep, on the Florida web page at

<http://home.att.net/~floridalmsc> or by sending \$2.00/single course or \$5.00/all 3 courses (send check, payable to FL LMSC, with your address to: Margie Hutinger; 1755 Georgia Ave NE; St Petersburg, FL 33703).

FL LMSC 5K/10K Postal Records As of 2000

W O M E N-5K

25-29 1:10:47.33 S Predmore SPM-95
30-34 1:20:58.99 Tish Oleksy SPM-95
35-39 1:09:54.37 C Shonkwiler UNA-96
40-44 1:13:01.69 Wanda Brown BRAT-98
45-49 1:22:14.99 Pam Geiger SPM-00
50-54 1:23:30.99 Jayne Lambke SPM-92
55-59 1:26:34.99 Jayne Lambke SPM-95
60-64 1:37:37.99 Kate K-Perry SPM-98
65-69 2:05:19.02 Barb Atwood SPM-99
70-74 2:55:50.01 Mary Boaz SPM-99
80-84 2:43:04.99 Peggy Hughes SPM-00

MEN-5K

25-29 1:16:58.99 R Villacres SPM-98
30-34 1:17:34.15 R Villacres SPM-99
35-39 1:16:45.71 F Leadbetter SPM-96
40-44 1:07:43.06 T Kennedy SPM-00
45-49 1:36:02.29 Vance Eaddy SPM-96
50-54 1:27:21.77 Peter Betzer SPM-96
60-64 1:30:57.03 Konrad Euler SPM-00
65-69 1:27:20.90 Robert Beach SPM-00
70-74 1:26:24.01 Robert Beach SPM-00
75-79 1:55:08.71 J Johnston SPM-91

WOMEN'S RELAYS-5K

35+ 4:15:22.75 Harrelson, Geiger Prescott SPM-99
45+ 4:41:06.09 Geiger, Prescott Zubrod SPM-00
65+ 6:33:34.97 K K-Perry, Hughes

Barb Atwood SPM-00

MEN'S RELAYS-5K

25+ 3:47:30.48 Kennedy, Villacres Melson SPM-99
35+ 3:44:48.22 Kennedy, Melson F Leadbetter SPM-00
55+ 4:35:50.28 Euler, Kohnken Beach SPM-00

MIXED RELAYS-5K

35+ 5:08:58.22 Kennedy, Harrelson Melson, Geiger SPM-99
55+ 8:08:24.20 Beach, Barb Atwood Euler, Boaz SPM-99
65+ 6:55:23.23 Kohnken, K K-Perry Beach, Barb Atwood SPM-00

10K, WOMEN

19-24 2:25:23.15 S Brownstein SPM-88
25-29 2:34:12.05 Laura Kaleel SPM-89
30-34 2:45:18.00 Pam Geiger SPM-87
35-39 2:43:46.00 Pam Geiger SPM-89
40-44 2:50:29.99 Pam Geiger SPM-93
50-54 2:49:31.99 Jayne Lambke SPM-90

10K, MEN

25-29 2:26:12.89 James Acker SPM-87
30-34 2:32:17.98 Kern Davis SPM-89
40-44 2:20:57.00 T Kennedy SPM-97
45-49 2:54:52.99 Peter Magee SPM-94
50-54 2:31:06.00 Burwell Jones SMS
55-59 2:45:46.26 Robert Beach SPM-86
60-64 2:58:24.99 Robert Beach SPM-90
65-69 3:00:19.72 Konrad Euler SPM-00
70-74 5:05:38.20 Gene Jennings SPM-87

Top 10 Times

All swims at sanctioned or recognized meets held in the Florida LMSC are automatically submitted for the Florida Top 5, Dixie Zone Top 10, and USMS Top 10 lists. Swimmers participating in competitions outside of the Florida LMSC must submit proof of their swims to Margie Hutinger, Florida Top 10 recorder, if they want their times to be considered. Margie's address is in the officer's section of this newsletter.

Proof could be a copy of the portion of the official meet results with the swim listed or the computer-generated label for each event result. Swims at the USMS short course and long course nationals are automatically added and proof of those swims does not need to be submitted.

NEWS FROM AROUND THE LMSC



Gainesville

Victor Buehler

pigasus@prodigy.net



Meegan (50-54), who is waiting in line to swim a 50 meters event, was victorious at St. Pete. Placing 1st in 50 and 100 breast, she also set a new pool record in 200 breast (3:30.27). She placed 2nd in 50 and 100 Fly as well as 200 IM, 3rd in 200 and 400 Free and 5th in 50 free and 50 back. Congratulations!

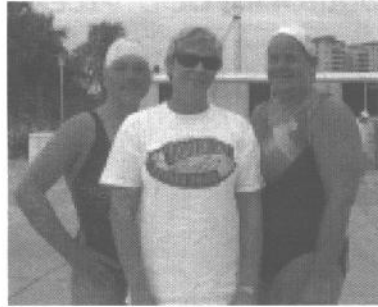
BLUE WAVE MASTERS

Brandon

Chris Daniels

waveblue@aol.com

We attended SPM LCM meet in July without Sue. Sue Mocha competed in the Cerebral Palsy World Swimming Championships in Nottingham, England July 23-25. She placed 3rd in 100 free (1:56.94) and 100 breast (2:21.54). She



placed 4th in 200 free (4:03.73), 100 back (2:16.69) and 50 free (50.28). She says, "Personally, my ties were superb. My plans are to continue swimming Masters and to continue swimming at the Brandon Swim and Tennis Club." Good job, Sue! Leah Greene has finished school (she will be receiving her Masters Degree) so we hope to see more of her at the pool. Elaine and Becky went to Iowa and Chicago for a niece's wedding. The trip was 2 days after the terrorist attack but no problems were encountered. Well, maybe one. The plane left a day late. It was a great visit though and the family was together for the first time since June '97. All 5 siblings and parents were in Iowa for the wedding. It was great. Gretchen is finally getting her new home built and it's actually waterfront property now (it is meant to be). ☺ Chuck and Keith are still around and we say hello to them. Hope to see all soon.



GOD

BLESS AMERICA!

We are awesome!!!!

BRADENTON MASTERS SWIM TEAM

Bradenton

Ted Bennett poolman@bhip.infi.net



Jennifer Bronson was brave enough to attend St. Pete's Meet. She inaugurated the meet by swimming 50 free (:35.27) and 50 breast (:49.61). Congratulations and Well Done, Jennifer!



CAT MASTERS

Clearwater

Joan Campbell

jcampb10@tampabay.rr.com

CAT Masters Swimmers have had a busy and productive summer, from the Nat'l Senior Games to the Dixie Zone SCM Championships.

National Senior Games, held in Baton Rouge, LA this July, was a great success. Nearly 700 swimmers from all over the United States took part, adding to the approximately 9,000 total competitors. Joan Campbell and Don Pulchalski enjoyed great Cajun hospitality, along with great competition. Joan came away with 6 golds in the 200 free, 100 fly, 200 IM, 200 back, 100 breast and 500 free. Don took gold in the 50 back, 500 free and 50 breast, along with 3 silvers in the 200 IM, 100 breast and 50 fly.

Congratulations to both of you.



At approximately the same time, several other CATM swimmers participated in the St. Pete Masters Long Course Invitational (see above). Nancy Durstein won the highpoint award for her age group. Mike Smith placed second over-all in his age group. Other highlights included a win in the 100 back for Alex Ramirez-Miller and Elliot Schofield placed second in the 100 and 200 back. Overall, CATM placed 8th with just four swimmers, all of whom had outstanding swims.

CATM was represented by Joan Campbell and Alex Ramirez-Miller at LCM Nationals in Seattle, WA. Joan placed first in the 800 free and 3rd in the 400 free, with several other outstanding swims. Alex took 4th in the 1500 free and 5th in the 400 free along with several other excellent events.

Closer to home, CATM swimmers placed 5th overall at the Dixie Zone SCM Championships held in Orlando October 5-7. 11 swimmers gave their all, and of course had some fun on the side: Christine Boudringhin, Marianne Bradley, Joan Campbell, Bill Conlon, Nancy Durstein, Anita Irons, Don Puchalski, Alex Ramirez-Miller, Alex Santos, Mike Smith and Craig Singer. High point awards were given to Marianne, Joan, Nancy, Don, and Mike.

The Florida LMSC Top 5 Swims for Short Course Yards, 2000-2001, results are in and CATM is well represented. Top 5 swimmers include: Heidi Heuchan, Christine Boudringhin, Anita Irons, Jean Tsagaris, Debi Schneider, Rosalyn Randall, Karen Gardner, Marianne Bradley, Joan Campbell, Nancy Durstein, Javier Murva, Alex Santos, Robert Campbell, Ron Collins, Michael Smith, Bill Conlon, Didier Lamour, Dave Gifford, Don Puchalski, Alex Ramirez-Miller, Elliott Schofield, and Bob Lavanture.

Congratulations to Shaun Tibbs on the completion of his six-hour half Iron Man triathlon held recently earlier this season in Panama City Beach. And to Don Puchalski for his win in the Big Shoulders 5K swim in Lake Michigan (Chicago) last month.

On a sad note, we wish to extend our sympathy to Marianne Bradley on the passing of her mother. Marianne, you will be in all of our thoughts and prayers.

And on behalf of all CATM swimmers, I also extend our deepest sympathies to all those affected by the events of Sep. 11. May God be with you all.



Don't forget to register your club and your swimmers on time.

CARROLLWOOD VILLAGE
PWCT

 Martin Pughan
 Tampa
 Randy Johnson
cvstrandy@aol.com



Karen Becker (30-34) looks relaxed in this shot at the St. Pete Meet. Don't let that fool ya! ☺ She placed 1st in 9 events and didn't seem to forget to set a few pool records too: 100 back in 1:14.15, 200 back in 2:24.16 and 100 fly in 1:10.63. Very well done, Karen!

DIANETICS
SWIM
TEAM
 Clearwater
 Kitty Magness
bmagness@fortissoftware.com



We enjoyed ourselves at the St. Pete meet in July. Four of us showed up so

that we could participate in relays. Our freestyle relay came in 4th and our mixed relay came in 3rd. Glen and Scott who have not competed in a swim meet before were very excited about being there and are looking forward to other meets. Glen (75-79) also placed 2nd in 50 free. Gertie placed 2nd in High Points while Kitty placed 5th (swimming only 5 events). Kitty also placed 1st in 400 IM. In the team competition, we were thrilled to bring home a 10th place finish (out of over 20 teams) and our girls were even more excited to place 7th in the Female Team competition.



Glen's wife Shirley was under the weather but that didn't stop her from attending the meet. She volunteered as a timer and had a good time. ☺

Kitty and her daughters Jackie & Heather volunteered in NY. Kitty spent 10 days at Ground Zero; working many 24-hr shifts. Gertie and her husband hosted a Golf Tournament that raised funds for relief efforts in NY.

FOREST HILLS
AQUATICS
 Lutz
 Milt Bedingfield
Year2525@aol.com

Forest Hills has steadily grown over the summer months. Our team is now

FLORIDA LMSC RECORDS

Long Course Meters (As of 8/30/01)

W O M E N

50 FREE			100 FREE			200 FREE			400 FREE			800 FREE			1500 FREE																																																																																																																																																																																																
19-24	28.17	Sudi Miller HLJ-90	1:02.94	Paige Winters 89	2:22.23	B Jo Runyon SWIM-96	4:47.31	Maureen Jones SMS-86	12:37.58	S Dearworth UNA-96	19:13.40	Maureen Jones SMS-86	25-29	27.50	Mary Holmes HLJ-88	58.97	R Seaman HLJ-87	2:09.66	Mary Holmes HLJ-88	4:31.02	Mary Holmes HLJ-88	9:18.74	Mary Holmes HLJ-88	18:13.30	Mary Roebuck HLJ-90	30-34	27.44	R Seaman HLJ-89	1:00.36	R Seaman HLJ-89	2:16.07	Mary Roebuck HLJ-94	4:47.64	Mary Roebuck HLJ-92	10:07.52	MargKeller ORLM-97	18:12.67	Mary Roebuck HLJ-94	35-39	28.26	Mary Roebuck HLJ-98	1:00.25	SHalfacre HLJ-88	2:09.33	SHalfacre HLJ-88	4:33.08	SHalfacre HLJ-88	9:24.54	SHalfacre HLJ-88	19:05.22	C Petersen SPM-99	40-44	28.64	Martha Martin HLJ-88	1:03.40	Martha Martin HLJ-88	2:19.50	C Shonkwiler ORLM-01	4:52.25	C Shonkwiler ORLM-01	10:51.11	Wanda Brown BRAT-97	20:30.28	Wanda Brown BRAT-97	45-49	30.95	Pam Mumma SWIM-01	1:05.90	Jean Banks HLJ-01	2:24.47	SHalfacre 300-97	5:07.09	SHalfacre 300-97	10:39.38	SHalfacre 300-97	20:14.33	SHalfacre 300-97	50-54	31.88	Anne Page SPM-98	1:13.21	Jayne Lambke SPM-93	2:37.31	Deb Walker SWIM-01	5:26.24	Deb Walker SWIM-01	12:29.90	Anne Page SPM-98	23:15.05	Jayne Lambke SPM-90	55-59	34.06	Jayne Lambke SPM-95	1:16.52	Jayne Lambke SPM-95	2:52.93	Jayne Lambke SPM-96	6:04.24	Jayne Lambke SPM-95	12:36.62	Jayne Lambke SPM-94	24:33.26	Jayne Lambke SPM-95	60-64	34.97	Jayne Lambke SPM-99	1:19.52	Jayne Lambke SPM-99	2:58.92	Jayne Lambke SPM-99	6:25.33	Jayne Lambke SPM-99	13:21.21	Jayne Lambke SPM-99	25:34.74	Jayne Lambke SPM-99	65-69	38.64	Florence Carr HLJ-90	1:25.98	Florence Carr HLJ-90	3:07.68	Florence Carr HLJ-90	6:30.19	Florence Carr HLJ-90	13:50.69	Florence Carr HLJ-90	26:18.31	Florence Carr HLJ-90	70-74	38.02	Jean Troy FMM-00	1:25.89	Florence Carr SPM-95	3:10.42	Jean Troy FMM-99	6:54.91	Jean Troy FMM-00	15:07.83	Florence Carr SPM-95	28:30.06	Florence Carr SPM-95	75-79	38.57	Florence Carr FMM-01	1:32.33	Florence Carr FMM-01	3:27.98	Florence Carr FMM-01	8:00.87	Florence Carr SPM-00	16:34.51	Florence Carr SPM-00	30:18.26	B Cederlund SPCO-97	80-84	45.06	B Cederlund SPCO-01	2:08.74	Kay Schimpf SPM-98	4:34.87	Kay Schimpf SPM-97	8:40.45	B Cederlund SPCO-01	18:19.19	Kay Schimpf SPM-97	35:02.14	B Cederlund SPCO-01	85-89	1:07.18	M McKechnie SPM-89	2:59.29	M McKechnie SPM-90	5:47.38	M McKechnie SPM-89	13:30.49	M McKechnie SPM-92	28:05.83	M McKechnie SPM-90	52:23.80	M McKechnie SPM-89	90-94													95-99												
50 BACK			100 BACK			200 BACK			50 BREAST			100 BREAST			200 BREAST																																																																																																																																																																																																
19-24	32.90	A Crowe FAST-99	1:10.40	A Crowe FAST-99	2:32.31	A Crowe FAST-99	37.12	Eliz Sollee TEAM-93	1:22.11	Eliz Sollee TEAM-93	3:02.23	C Hamilton SPM-98	25-29	31.88	Tanya Lane SPM-98	1:08.44	Michelle Falls JUN-83	2:28.54	Tanya Lane SPM-98	34.36	R Seaman HLJ-87	1:18.31	R Seaman HLJ-87	2:54.09	Tanya Lane SPM-98	30-34	34.19	V Richardson IRCC-97	1:14.15	Karen Becker CVST-01	2:43.80	MargKeller ORLM-97	36.61	Carol West TDY-97	1:20.21	R Seaman HLJ-89	2:56.34	Maud Orlando DLNM-96	35-39	33.75	C Shonkwiler UNA-96	1:14.44	C Shonkwiler UNA-96	2:45.86	C Petersen SPM-99	36.95	R Seaman ORLM-97	1:22.46	Deb Walker SMS-87	3:00.05	Deb Walker SMS-88	40-44	34.58	C Shonkwiler SPM-00	1:17.32	C Shonkwiler ORLM-01	2:49.31	J Stefanick SPM-92	38.16	Deb Walker SMS-92	1:24.08	Deb Walker SMS-92	3:03.11	Judy Tibma SPM-99	45-49	36.48	SHalfacre 300-97	1:21.61	SHalfacre 300-97	3:00.72	P McDonnell IRCC-01	38.67	Deb Walker SWIM-97	1:23.54	Deb Walker SWIM-97	3:01.69	Deb Walker SWIM-97	50-54	39.04	Jean Mitchell SWIM-97	1:26.08	Jean Mitchell SWIM-97	3:12.57	Jean Mitchell SWIM-97	40.58	Deb Walker SWIM-01	1:28.27	Deb Walker SWIM-01	3:12.10	Deb Walker SWIM-01	55-59	44.70	Chris Gilligan SWIM-01	1:36.52	Chris Gilligan SWIM-01	3:28.35	Chris Gilligan SWIM-01	46.79	J Piper SPM-94	1:45.04	J Piper SPM-95	3:52.42	J Dougherty HLJ-00	60-64	46.60	Marg Morrison SPM-83	1:44.06	Patricia Bond FMM-01	3:41.36	Patricia Bond FMM-01	48.36	J Piper SPM-97	1:48.48	J Piper SPM-97	4:03.90	J Piper SPM-98	65-69	45.90	Ann Champ FMM-00	1:40.16	Ann Champ FMM-00	3:33.24	Ann Champ FMM-00	48.39	SylviaEisele SWIM-97	1:49.24	SylviaEisele SWIM-97	4:02.86	SylviaEisele SWIM-97	70-74	47.18	B Cederlund SPCO-96	1:47.41	Regan Kenner FMM-98	3:50.83	Regan Kenner FMM-97	49.69	SylviaEisele SWIM-00	1:51.69	SylviaEisele SWIM-00	4:03.64	SylviaEisele SWIM-00	75-79	46.98	B Cederlund SPCO-97	1:46.70	B Cederlund SPCO-97	3:59.73	Regan Kenner FMM-00	56.22	Gertrud Zint HLJ-93	2:04.25	Regan Kenner FMM-99	4:28.51	Regan Kenner FMM-99	80-84	48.24	B Cederlund SPCO-01	1:50.50	B Cederlund SPCO-01	4:06.19	B Cederlund SPCO-01	1:09.04	Kay Schimpf SPM-97	2:33.91	Kay Schimpf SPM-97	5:46.76	Kay Schimpf SPM-97	85-89	1:14.07	Win Kennedy SPM-98	3:04.69	M McKechnie SPM-89	6:20.47	M McKechnie SPM-89	1:44.90	Win Kennedy SPM-98					90-94													95-99												
50 FLY			100 FLY			200 FLY			100 IM			200 IM			400 I.M.																																																																																																																																																																																																
19-24	30.44	Sudi Miller HLJ-90	1:06.63	Sudi Miller HLJ-90	2:36.49	S Brownstein SPM-88			2:38.04	Abigail Goff FAST-99	5:26.44	Abigail Goff FAST-99	25-29	28.79	R Seaman HLJ-87	1:03.91	R Seaman HLJ-87	2:35.01	Linda Neary HLJ-92			2:27.60	Lisa Summers SPM-97	5:17.40	Lisa Summers SPM-97	30-34	29.92	R Seaman HLJ-89	1:06.24	R Seaman HLJ-89	2:33.58	Karen Becker ACTT-00			2:33.14	R Seaman HLJ-89	5:26.77	Mary Roebuck HLJ-94	35-39	29.27	SHalfacre HLJ-88	1:05.39	SHalfacre HLJ-88	2:40.55	Jenn Ardolino SUNY-97			2:34.44	Mary Roebuck HLJ-98	5:57.98	Jenn Ardolino SUNY-97	40-44	30.54	Martha Martin HLJ-86	1:10.22	Martha Martin HLJ-86	3:02.77	J Stefanick SPM-92			2:51.50	Judy Tibma SPM-99	6:11.17	J Harrelson SPM-98	45-49	32.49	SHalfacre 300-97	1:22.26	B Hoellen 89	3:13.41	B Hoellen 88			2:46.03	Deb Walker SWIM-97	6:35.86	J Harrelson SPM-01	50-54	34.24	Anne Grams DBMS-98	1:17.18	Anne Grams DBMS-98	2:59.46	Anne Grams DBMS-98			2:58.52	Anne Grams DBMS-98	6:48.24	Lynn Cartee SWIM-98	55-59	39.40	Jayne Lambke SPM-98	1:36.26	Jayne Lambke SPM-96	3:32.63	Jayne Lambke SPM-95			3:27.14	Jayne Lambke SPM-96	7:19.11	Jayne Lambke SPM-95	60-64	40.28	Jayne Lambke SPM-99	1:39.63	Jayne Lambke SPM-99	4:20.08	N Durstein CATM-93			3:35.89	Jayne Lambke SPM-99	7:43.95	Jayne Lambke SPM-99	65-69	43.55	Florence Carr HLJ-90	1:55.92	SylviaEisele SWIM-98	4:07.93	SylviaEisele SWIM-97			3:34.41	Florence Carr HLJ-90	8:30.77	Florence Carr HLJ-90	70-74	46.47	Florence Carr SPM-95	1:55.57	Jean Troy FMM-00	4:13.41	SylviaEisele SWIM-00			3:54.67	Jean Troy FMM-00	9:43.06	Gertrud Zint HLJ-93	75-79	52.34	Florence Carr FMM-01	2:13.85	Florence Carr FMM-01	5:16.46	June Reynolds SPM-97			4:32.97	Florence Carr FMM-01	11:22.65	Kay Schimpf SPM-97	80-84	1:07.84	Kay Schimpf SPM-97	2:48.73	Kay Schimpf SPM-97	6:38.90	Kay Schimpf SPM-97			5:20.78	Kay Schimpf SPM-97			85-89	1:52.09	Win Kennedy SPM-98							8:04.55	Win Kennedy SPM-98			90-94													95-99												

When you compete outside the FL LMSC and want your times included for records and the Top 5, it is your responsibility to send 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

Long Course Meters (As of 8/30/01)

M E N

50 FREE			100 FREE			200 FREE			400 FREE			800 FREE			1500 FREE		
19-24	24.54	Andrew Eaton SPM-97	54.16	C Stevenson FAST-88	2:01.49	C Stevenson FAST-89	4:20.67	A Constantini TEAM-93	10:25.53	Chris Connor SWIM-98	18:06.12	Al Constantini TEAM-93					
25-29	23.69	RRamirez 85	54.53	RRamirez 85	2:03.72	Paul Robinson ORLM-93	4:23.17	Rob Nichols CYM-85	9:25.52	Rob Nichols CYM-85	17:08.92	R Nichols CYM-86					
30-34	24.21	C M Halfast SPM-99	53.64	C M Halfast SPM-99	2:02.40	AFarrell ORLM-00	4:26.46	AFarrell ORLM-00	9:00.59	F Constantini HLJ-00	17:06.73	R Nichols CYM-88					
35-39	24.67	C M Halfast SPM-00	54.22	C M Halfast SPM-00	2:03.15	C M Halfast SPM-00	4:29.03	Jeff Perout HLJ-89	9:09.59	Brant Bittner HLJ-88	18:21.08	Meisenheimer ORLM-95					
40-44	25.90	Michael Scott TBAC-99	56.80	Jeff Perout 300-97	2:05.33	Wm Specht SPM-01	4:25.45	Wm Specht SPM-99	9:12.22	Wm Specht SPM-01	18:27.74	Larry Black SWIM-99					
45-49	25.92	Miltenberger ORLM-97	57.09	Miltenberger ORLM-97	2:10.39	Russ Frazier SPM-00	4:38.97	Eddie Riach SPM-98	9:36.85	Eddie Riach SPM-98	18:45.84	Rick Walker SWIM-99					
50-54	26.95	G Woodsum ATAC-00	1:00.20	G Woodsum ATAC-00	2:16.33	Rick Walker SWIM-00	4:43.93	Rick Walker SWIM-00	9:58.15	Rick Walker SWIM-00	19:28.41	Burwell Jones SMS-85					
55-59	28.53	John Smith HLJ-97	1:04.19	Burwell Jones HLJ-88	2:24.94	Burwell Jones HLJ-88	4:58.41	Burwell Jones HLJ-88	10:27.08	Burwell Jones HLJ-88	19:54.72	Burwell Jones HLJ-90					
60-64	28.62	John Smith HLJ-98	1:04.36	John Smith HLJ-98	2:36.63	Jack Beattie ORLM-95	5:37.86	Burwell Jones SMS-94	12:40.20	Chas Kohnken SPM-93	24:09.98	Bob Beach SPM-91					
65-69	30.72	Dren Geer SWIM-00	1:07.52	Dren Geer SWIM-99	2:34.41	Dren Geer SWIM-99	5:43.70	Dren Geer SWIM-99	12:47.42	Dren Geer SWIM-99	24:12.21	Dren Geer SWIM-99					
70-74	32.40	Donald Sonia IRCC-00	1:16.84	Donald Sonia IRCC-01	2:57.88	Robert Beach SPM-01	6:12.79	Robert Beach SPM-01	12:59.21	Robert Beach SPM-00	25:31.02	Robert Beach SPM-01					
75-79	33.57	Paul Hutinger FMM-00	1:25.59	John Woods SWIM-00	3:18.72	John Woods SWIM-00	7:24.74	John Woods SWIM-00	16:30.60	R Sigersmith SPCO-00	30:19.88	Elmer Luke FMM-01					
80-84	38.32	BCleaveland ORLM-98	1:33.30	BCleaveland FMM-99	3:49.00	BCleaveland ORLM-98	7:43.68	Peter Jurczyk IRCC-86	17:57.84	J Johnston SPM-96	34:03.67	J Johnston SPM-96					
85-89	46.70	C Lindstrand UNA-97	1:49.81	C Lindstrand UNA-97	4:11.14	C Lindstrand UNA-97	9:24.56	Fred Walbolt SPM-98			37:57.02	D Malbrough FMM-98					
90-94	1:07.19	Frank Starr FMM-00	2:48.89	Frank Starr FMM-00													
95-99																	
50 BACK			100 BACK			200 BACK			50 BREAST			100 BREAST			200 BREAST		
19-24	28.06	C Stevenson FAST-87	1:01.85	C Stevenson FAST-87	2:15.36	C Stevenson FAST-87	32.39	Greg Burns TEAM-93	1:15.24	Greg Burns TEAM-93	2:54.78	A Constantini TEAM-87					
25-29	29.09	Brad Hoffman SPM-97	1:02.75	Brad Hoffman SPM-97	2:17.77	S Barnicoat ORLM-89	29.90	Rob Butcher DBMS-99	1:06.21	Rob Butcher DBMS-99	2:32.10	Rob Butcher DBMS-98					
30-34	30.03	Wm Specht SPM-91	1:04.12	Wm Specht SPM-91	2:20.62	AFarrell ORLM-00	30.88	Miltenberger CF-82	1:10.62	Miltenberger CF-86	2:46.47	J Galloway SPM-99					
35-39	29.08	Wm Specht SPM-97	1:02.53	Wm Specht SPM-96	2:15.93	Wm Specht SPM-96	31.52	Miltenberger CF-87	1:10.20	Miltenberger CF-87	2:38.58	Miltenberger HLJ-88					
40-44	28.88	Wm Specht SPM-99	1:02.48	Wm Specht SPM-98	2:15.49	Wm Specht SPM-99	33.36	Art Haltuneh SPM-91	1:15.46	Miltenberger ORLM-93	2:44.74	M Drews SMS-95					
45-49	29.92	Casey Claffin SWIM-00	1:05.90	Eddie Riach SPM-98	2:24.73	Eddie Riach SPM-98	31.54	Miltenberger ORLM-98	1:12.42	Miltenberger ORLM-97	2:46.80	Miltenberger ORLM-97					
50-54	30.93	John Smith HLJ-88	1:10.14	John Smith HLJ-88	2:35.44	Burwell Jones SMS-85	35.01	James Stine SPM-01	1:22.22	Scott Guthrie BRAT-97	3:00.51	Rick Walker SWIM-00					
55-59	34.45	Jack Beattie HLJ-90	1:13.15	Jack Beattie HLJ-90	2:44.29	Burwell Jones HLJ-90	36.99	Peter Betzer SPM-99	1:24.53	Peter Betzer SPM-99	3:07.34	Peter Betzer SPM-99					
60-64	33.68	John Smith HLJ-98	1:16.26	Jack Beattie ORLM-95	2:49.57	Jack Beattie ORLM-95	40.05	R MacDonald SMS-89	1:31.39	Don Puchalski CATM-01	3:31.13	Don Puchalski CATM-99					
65-69	36.51	Paul Hutinger SPM-93	1:21.14	Paul Hutinger SPM-93	3:04.84	Paul Hutinger SPM-93	41.66	T Koenig OMSC-97	1:34.72	T Koenig OMSC-97	3:33.87	R MacDonald FMM-97					
70-74	37.10	Paul Hutinger SPM-95	1:24.14	Paul Hutinger SPM-95	3:10.47	Paul Hutinger SPM-95	41.42	R MacDonald FMM-99	1:36.03	R MacDonald FMM-99	3:29.06	R MacDonald FMM-99					
75-79	39.24	Paul Hutinger FMM-00	1:29.93	Paul Hutinger FMM-00	3:22.94	Paul Hutinger FMM-00	45.18	Paul Hutinger FMM-00	1:47.88	Paul Hutinger FMM-99	4:02.93	Paul Hutinger FMM-99					
80-84	52.74	D Malbrough FMM-97	1:42.92	D Malbrough FMM-97	4:27.73	F Tillotson SPM-95	49.89	BCleaveland ORLM-98	2:01.07	BCleaveland FMM-99	4:27.49	D McCullough ORLM-98					
85-89	52.48	D Malbrough FMM-99	2:04.83	D Malbrough FMM-99	4:44.27	D Malbrough FMM-98	1:05.23	Ed Fulmer FMM-01	2:54.25	Ed Fulmer SWIM-00	5:21.89	D McCullough FMM-00					
90-94	1:14.07	Peter Jurczyk IRCC-96	2:40.66	Peter Jurczyk IRCC-96	5:55.98	Peter Jurczyk IRCC-96	1:41.30	Frank Starr FMM-00	3:56.75	Frank Starr FMM-00							
95-99																	
50 FLY			100 FLY			200 FLY			100 I.M.			200 I.M.			400 I.M.		
19-24	25.44	N-Kuan Chia BRAT-00	57.65	N-Kuan Chia BRAT-00	2:13.67	C Stevenson FAST-87	2:20.56	Eric Prokopi FMM-97	5:13.93	A Constantini TEAM-94							
25-29	26.46	RRamirez 85	58.71	C Stevenson FAST-90	2:14.41	T Smith HLJ-91	2:19.01	Jack Thomas SWIM-97	5:01.03	Jack Thomas SWIM-97							
30-34	26.51	M Halfast SPM-99	59.14	Wm Specht SPM-91	2:17.41	Wm Specht SPM-91	2:18.08	C M Halfast SPM-99	5:14.80	S McMillen IRCC-87							
35-39	26.43	Wm Specht SPM-96	58.42	Wm Specht SPM-96	2:09.35	Wm Specht SPM-96	2:23.32	John Galloway SPM-01	5:04.63	Brant Bittner HLJ-88							
40-44	26.33	Wm Specht SPM-98	57.79	Wm Specht SPM-99	2:09.47	Wm Specht SPM-98	2:25.76	Mich Drews SMS-94	5:07.31	Wm Specht SPM-01							
45-49	28.01	K McCormack SWIM-98	1:03.00	K McCormack SWIM-00	2:36.38	John McCall SPCO-99	2:26.11	Eddie Riach SPM-98	5:25.04	Thomas Bliss SPCO-01							
50-54	28.52	John McCall ORLM-01	1:04.07	John McCall ORLM-01	2:36.29	John McCall ORLM-01	2:35.51	Burwell Jones SMS-85	5:41.04	Burwell Jones SMS-85							
55-59	31.40	John Smith HLJ-97	1:13.94	Burwell Jones HLJ-88	3:13.77	T Mahaffy HLJ-93	2:46.78	Jack Beattie HLJ-90	5:56.57	Burwell Jones HLJ-88							
60-64	31.19	John Smith HLJ-98	1:27.68	M Tschirret BRAT-97	3:18.82	M Tschirret BRAT-97	2:49.57	Jack Beattie ORLM-95	7:27.87	Weatherbee ORLM-96							
65-69	35.63	Paul Hutinger SPM-93	1:30.15	Dren Geer SWIM-99	3:34.52	Dren Geer SWIM-99	3:16.66	Paul Hutinger SPM-93	7:09.58	Dren Geer SWIM-00							
70-74	35.82	J Kurtzman FMM-97	1:29.49	J Kurtzman FMM-97	3:40.85	J Kurtzman FMM-97	3:20.04	T Smith SPM-97	7:25.63	Paul Hutinger SPM-95							
75-79	39.78	R Holmes HLJ-97	1:48.40	J Kurtzman FMM-01	4:07.72	J Kurtzman FMM-01	3:40.38	Paul Hutinger FMM-00	8:56.01	Paul Hutinger FMM-99							
80-84	56.85	D McCullough ORLM-98	2:32.85	D McCullough ORLM-98	5:25.53	D McCullough ORLM-98	4:48.16	BCleaveland FMM-99	10:17.57	D McCullough ORLM-98							
85-89	1:41.89	F Tillotson FMM-00	3:01.15	D McCullough FMM-00	7:01.72	D McCullough FMM-00	5:41.89	D McCullough FMM-00	12:47.66	D McCullough FMM-00							
90-94							7:08.31	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

Long Course Meters (As of 8/30/01)

	200 FREE-WOMEN	200 MEDLEY-WOMEN	400 FREE-WOMEN	400 MEDLEY-WOMEN	800 FREE-WOMEN
76+	2:09.89 Booth, Markese	2:27.05 Burger, Braciak			
100+	2:00.75 Stone, Niedermeyer M-Busse, Summers SPM-86	2:16.68 Niedermeyer, Stone M-Busse, Summers SPM-87	5:10.05 Sirbu, Casco Lee, Van Der Molen ORLM-97	5:20.15 V Der Molen, Visser Habecker, Sirbu ORLM-97	
120+	1:55.70 Summers, S'wiler Nauta, Petersen SPM-97	2:08.97 Lane, Summers Orlando, Petersen SPM-98	4:50.91 Abraham, Stott A'strong, Bellflower SPM-97	4:53.42 Keller, Lense Seaman, Shonkwiler ORLM-97	9:44.01 Seaman, Keller Matsuzaki, S'wiler ORLM-97
160+	2:08.57 Bergdoll, Dykehouse Halfacre, Markey 300-97	2:23.16 Stefanick, Lambke Flanagan, Page SPM-91	4:41.68 Orlando, Powell Tibma, Nauta SPM-97	5:26.44 Nauta, Orlando Tibma, Powell SPM-97	10:20.09 Nauta, Orlando Tibma, Powell SPM-97
200+	2:15.95 Page, Bromwich Lambke, Powell SPM-97	2:31.92 Powell, Bromwich Page, Lambke SPM-97	5:13.92 Page, Bromwich Lambke, Kelly SPM-97	6:05.11 Brewer, Bromwich Lambke, Page SPM-97	14:15.47 K-Perry, Lambke Bromwich, Steer SPM-95
240+	2:45.62 Piper, Carr Allen, Lambke SPM-95	3:26.92 Fulmer, Walker Dendy, Gordon SMS-91		8:24.26 Hutinger, Prokopi Reynolds, Mitchell SPM-95	13:12.45 Bromwich, Steer Carr, Lambke SPM-97
280+	3:23.41 Carr, Reynolds Newman, Erwin HLJ-93	3:44.91 Tullman, Kenner Olsen, Troy FMM-00	7:57.85 Steer, Schimpf Reynolds, Carr SPM-97	9:06.33 Reynolds, Steer Carr, Schimpf SPM-97	
320+			10:13.80 Schimpf, Kennedy C'hanski, McKechnie SPM-94		22:37.07 Schimpf, Kennedy C'hanski, McKechnie SPM-94
	200 FREE-MEN	200 MEDLEY-MEN	400 FREE-MEN	400 MEDLEY-MEN	800 FREE-MEN
76+	1:42.54 Burns, Carr Mital, Zarka TEAM-93	1:54.94 Burns, Constantini Stelle, Zarka TEAM-93			
100+	1:40.69 Smith, Barton Hoffman, Eaton SPM-97	1:50.79 Hoffman, Smith Barton, Eaton SPM-97			
120+	1:42.83 McGinnis, Edwards Olden, Vaile SPM-93	1:52.80 Specht, Galloway Barton, Halfast SPM-99	4:03.05 Frazier, Hempel Freeman, Barton SPM-97	4:50.75 Milligan, Hempel Bastie, Barton SPM-97	9:49.78 Quillen, Murphy Dawson, Gornito GSC-01
160+	1:45.13 Mitenberger, Scray M'senheimer, Ehmke ORLM-97	1:56.96 Buresh, Halttunen Specht, Forrester SPM-97	3:55.55 Black, Woodsum Williams, Schlak ATAC-00	4:40.43 Black, Schlak Williams, Woodsum ATAC-00	9:18.31 Frazier, Bastie Atkins, Kennedy SPM-97
200+	1:51.75 Brick, Bastman Hawkins, Scott TBAC-01	1:59.68 Brewer, Stollmeyer Shea, Stegman SWIM-97	4:48.11 Milligan, Marzulli Smith, Bastie SPM-97	5:12.54 Smith, Van Der Veen Freeman, Kennedy SPM-97	10:09.72 Walker, Redic Sweeting, Vazmina SWIM-01
240+	2:08.31 Jones, Taylor Holmes, Sears HLJ-90	2:29.82 Coulter, Walker Geer, Woods SWIM-97	5:09.85 Welpott, Mann Weatherbee, Beattie ORLM-97	6:10.46 Hutinger, MacDonald Kurtzman, Maloney FMM-97	12:49.47 Hall, Cox Ferris, Kohnken SPM-97
280+	2:29.30 Avery, Beach Kohnken, Smith SPM-98	2:38.18 Hutinger, M'Donald J Kurtzman, Maloney FMM-99	6:09.27 M'Donald, Malbrough Maloney, Hutinger FMM-97	8:30.79 Avery, Torsney Allen, Walbolt SPM-97	13:39.80 Torsney, Kohnken Smith, Ferris SPM-00
320+	3:09.81 M'Cullough, M'brough Luke, Cleveland FMM-99	3:13.89 M'brough, M'Cullough A K'tzman, Cle'land FMM-99			
	200 FREE-MIXED	200 MEDLEY-MIXED	400 FREE-MIXED	400 MEDLEY-MIXED	800 FREE-MIXED
76+	1:55.92 Sirbu, Habecker White, Rose ORLM-97	2:08.18 Braciak, DiLalla Acker, Holmes SPM-87	4:37.74 Murphy, D Sirbu Habecker, White ORLM-97		
100+	1:46.89 Eaton, Stone Summers, Barton SPM-97	2:00.53 Hoffman, Stone Summers, Eaton SPM-97		5:02.12 VanDerMolen, White Habecker, Korey ORLM-97	
120+	1:50.58 Tibma, Barton Moses, Halfast SPM-99	2:03.67 Tibma, Orlando Specht, Halfast SPM-99	4:15.33 Orlando, W Hempel Nauta, Barton SPM-97	4:48.86 Nauta, Orlando Barton, W Hempel SPM-97	9:03.87 Seaman, Shonkwiler Scray, Meisenheimer ORLM-97
160+	1:48.26 M'tenberger, Seaman S'wiler, M'heimer ORLM-97	2:02.49 S'wiler, M'tenberger Seaman, M'heimer ORLM-97	4:02.04 Seaman, M'tenberger S'wiler, M'heimer ORLM-97	4:41.21 S'wiler, M'tenberger Seaman, M'heimer ORLM-97	9:42.98 Halfacre, Nixon Bergdoll, Perout 300-97
200+	2:01.86 Bastie, Page L Powell, C'rington SPM-98	2:18.72 Betzer, Bromwich Bastie, Page SPM-97	5:15.72 Kelly, Van Der Veen Lambke, Marzulli SPM-97	5:43.81 Betzer, Bromwich Lambke, Ferris SPM-97	11:26.72 Gilligan, Geer DiMeo, Davie SWIM-01
240+	2:22.31 Walker, Papp Dendy, Glancy SMS-93	2:46.26 Gilligan, Eisele Geer, R Walker SWIM-00	5:58.57 Smith, Ferris Carr, Bromwich SPM-97	7:01.15 Avery, Bromwich Torsney, Steer SPM-97	12:38.05 Geer, Gilligan Garbus, Redic SWIM-00
280+	2:40.28 Avery, Zint Carr, Holmes HLJ-94	2:53.93 Kenner, A Kurtzman J Kurtzman, Troy FMM-99	7:10.49 Kenner, Malbrough DProkopi, PHutinger FMM-97	7:59.57 Tillotson, Kenner DProkopi, M'Donald FMM-97	13:20.01 P Hutinger, J Troy Tullman, MacDonald FMM-00
320+	3:35.78 Hotvedt, Reynolds Kennedy, Atwood SPM-98	3:43.61 Kenner, McCullough Troy, Malbrough FMM-00	9:03.81 Tillotson, PHutinger Schimpf, Reynolds FMM-01		21:42.78 Tillotson, Zint Olsen, Williams FMM-01

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 POSTAL RECORDS

One Hour, 5K/10K, 3000/6000 Yards

W O M E N			M E N		W O M E N ' S R E L A Y S		M E N ' S R E L A Y S		M I X E D R E L A Y S	
5K, as of 9/30/00										
19-24					19+					
25-29	1:10:47.33 S Predmore	SPM-95	1:16:58.99 RVillacres	SPM-98						
30-34	1:20:58.99 Tish Oleksy	SPM-95	1:17:34.15 RVillacres	SPM-99	25+		3:47:30.48 Kennedy, Villacres			
35-39	1:09:54.37 C Shonkwiler	UNA-96	1:16:45.71 F Leadbetter	SPM-96			Melson	SPM-99		
40-44	1:13:01.69 Wanda Brown	BRAT-98	1:07:43.06 T Kennedy	SPM-00	35+	4:15:22.75 Harrelson, Geiger	SPM-99	3:44:48.22 Kennedy, Melson	5:08:58.22 Kennedy, Harrelson	
45-49	1:22:14.99 Pam Geiger	SPM-00	1:36:02.29 Vance Eaddy	SPM-96		Prescott		F Leadbetter	Melson, Geiger	SPM-99
50-54	1:23:30.99 Jayne Lambke	SPM-92	1:27:21.77 Peter Betzer	SPM-96	45+	4:41:06.09 Geiger, Prescott				
55-59	1:26:34.99 Jayne Lambke	SPM-95				Zubrod	SPM-00			
60-64	1:37:37.99 KateK-Perry	SPM-98	1:30:57.03 Konrad Euler	SPM-00	55+			4:35:50.28 Euler, Kohnken	8:08:24.20 Beach, Barb Atwood	
65-69	2:05:19.02 Barb Atwood	SPM-99	1:27:20.90 Robert Beach	SPM-00				Beach	Euler, Boaz	SPM-99
70-74	2:55:50.01 Mary Boaz	SPM-99	1:26:24.01 Robert Beach	SPM-00	65+	6:33:34.97 K K-Perry, Hughes			6:55:23.23 Kohnken, K K-Perry	
75-79			1:55:08.71 John Johnston	SPM-91		Barb Atwood	SPM-00		Beach, Barb Atwood	SPM-00
80-84	2:43:04.99 Peggy Hughes	SPM-00			75+					
85-89										
90-94					85+					
95-99										
10K, as of 9/30/00										
19-24	2:25:23.15 S Brownstein	SPM-88			19+					
25-29	2:34:12.05 Laura Kaleel	SPM-89	2:26:12.89 James Acker	SPM-87						
30-34	2:45:18.00 Pam Geiger	SPM-87	2:32:17.98 Kern Davis	SPM-89	25+					
35-39	2:43:46.00 Pam Geiger	SPM-89								
40-44	2:50:29.99 Pam Geiger	SPM-93	2:20:57.00 T Kennedy	SPM-97	35+					
45-49			2:54:52.99 Peter Magee	SPM-94						
50-54	2:49:31.99 Jayne Lambke	SPM-90	2:31:06.00 Burwell Jones	SMS-85	45+					
55-59			2:45:46.26 Robert Beach	SPM-86						
60-64			2:58:24.99 Robert Beach	SPM-90	55+					
65-69			3:00:19.72 Konrad Euler	SPM-00						
70-74			5:05:38.20 Gene Jennings	SPM-87	65+					
75-79										
80-84					75+					
85-89										
90-94					85+					
95-99										

If there are any mistakes or if I have overlooked anyone, please send me a copy of the final results.
 This will insure the integrity and accuracy of the FL LMSC postal records.
 One Hour Postal Records are of 1989. If there are earlier records, please let me know.
 Send to: Margie Hutinger, 1755 Georgia Ave NE, St Petersburg, FL 33703.
 If you have questions, call Margie: 727-521-1172 or e-mail: phut@usms.org

represented by approximately 55 swimmers, about 1/3 of which have been competing in triathlons over the summer. The other 2/3 of our team is comprised of competitive swimmers as well as fitness swimmers. We have missed a lot of practice this summer due to rainouts and only recently have we been able to resume a regular swim schedule.

We are looking forward to hosting our "After Thanksgiving" meet on December 8th and 9th at the Long Center. We are hoping for a big turnout so we can have a nice competitive meet. Hope to see you there.

St. Petersburg
Margie Hutinger
phut@usms.org

SCY SENIOR NATIONALS

Baton Rouge, LA, provided the backdrop for 11,000 athletes, age 50 and over. They came from 50 states and competed in 18 events over a two week period. In 2002, the competition site shifts to Virginia Beach, VA.

Patricia Hoffman (51)--2nd-Triathlon; 5th-200 IM, 50 Fly; 6th-100 Breast; 7th-100 Free, 50 Breast and 8th-50 Free
Patricia Tullman (64)--1st-100 & 200 Back and 2nd-50 & 200 Free, 50 Back, 100 Fly
Florence Carr (76)--1st-50, 100 & 200 Free and 2nd-500 Free, 200 IM
Paul Hutinger (76)--1st-50, 100 & 200 Back, 50 Breast, 50 Fly and 2nd-50 Free
Patricia Bond (63)--1st-5K Cycling Time Trial; 2nd-10K Cycling Time Trial and 4th-20K Cycling Road Race

LCM NATIONALS--2nd Place Team

The Maverick traveling team numbered seven in Federal Way, WA at LCM Nationals, in Aug. When the meet started, we had no expectations of placing in the team events. By the end of the meet, we were awarded two banners for our successes in the small team

division. Our combined team placed 2nd and our four men placed 3rd.

Florence Carr-76, set two National records: 50 free-38.57 & 100 free--1:32.33 and was 1st-200 free, 50 fly & 50 breast and 2nd-100 fly
Margie Hutinger-61--7th-200 back; 9th-50 back and 10th-100 back
Gertrud Zint-84--1st-50 fly & 200 IM; 2nd-50, 100 & 200 breast and 3rd in 50 back
Alan Maloney-72--3rd-100 fly; 5th-50 breast; 6th-200 breast & 50 fly and 7th-100 breast & 200 IM
Joseph Kurtzman-75--1st-50,100 & 200 fly & 50 breast and 2nd-100 breast
Elmer Luke-75--2nd-1500 free; 3rd-400 free; 4th-200 free & 400 IM and 6th-100 & 200 back
Paul Hutinger-77--1st-100 breast; 2nd-50 back, breast & free and 3rd-100 & 200 back

SPM LCM CHAMPIONSHIPS



We had a nice turn out at St. Pete even though most of us had attended the Sr Meet. Thanks for representing us so well!

SCM DIXIE ZONE CHAMPIONSHIPS

Seventeen Mavericks competed at the Dixie Zone SCM Championships, in Orlando, FL. They placed 3rd in the team competition, among almost 30 teams, from nine states in the southeast.

Florence Carr, 76, broke the National record in the 100 Free with a new time of 1:31.15. The women's combination of Florence Carr, Regan Kenner, Jean Troy and Patricia Tullman, set three National relay records in the 280+ age group. 400 Women's Free Relay-6:35.85
200 Women's Medley Relay-3:24.20
400 Women's Medley Relay-7:30.18

The foursome of Paul Hutinger, Amar Lathi, Robert MacDonald and Charles Schlegel, also set a National relay record,

in the 280+ age group. 400 Men's Medley Relay, 6:10.90.

Individual High Point plaques were awarded to Paul Hutinger, Robert MacDonald, Frank Tillotson, Patricia Tullman and Gertrud Zint. Second place awards went to Alan Maloney and Gladys Olsen and third place awards to Florence Carr, Stephen Everhart, Amar Lathi and Jean Troy. Other swimmers contributing points included Margie Hutinger, Regan Kenner, June Reynolds, Charles Schlegel, Ruth Thompson and Robert Williams.

The new Florida Maverick Masters website is up and running at:
<http://www.maverickswim.org>

The web project was conceived during Margie and Paul Hutinger's visit with Bill Volckening at his home in Portland, OR following the 2001 USMS LCM. Bill is an Honorary Maverick who currently swims for New England Masters, and he is a big fan of the Florida Mavericks. This website is designed to grow, and it is also designed to exist without needing too much updating.

LUMBER JAX
Peter Nickodem
Pnickodem@aol.com

Following in the footsteps of Michael Jordan, Tiger Holmes announced the termination of his retirement and his return to competitive swimming. Retiring from competitive swimming shortly after the Long Course Nationals in Ft. Lauderdale, Tiger made a surprise appearance at the Dixie Zone Short Course Meters Championships in Orlando on Oct 6th. Citing a need to revitalize Holmes Lumber Jax's participation at meets, Tiger entered 10 events partly to ensure the points for the team and to embarrass younger swimmers who felt

they could only swim 5 or 6 events per meet. Tiger's philosophy is "If you are here you might as well be swimming". Tiger as usual gave everyone in his age group and the two below it a good race in every event. Other Holmes swimmers included new swimmers Mike and Jeanne Siragusa, Bill Pillmore, Hal Murray, Ed Tolisano, Margaret Dodson and coach Kerry Wick. Now that the Tiger is back you should see more of Holmes Lumber in future meets.

Let's not forget that we had several swimmers attend St. Pete's LCM Meet. Brian Buchanan (25-29) placed 2nd in High Points.



Joan Glaraton (70-74) placed 3rd in High Points. She placed 1st in 50 breast, 2nd in 100 back, 100 breast, 200 breast and 3rd in 200 IM, 400 IM.



Jean Banks (45-49) placed 1st in 50 fly and 50 back. She also placed 1st in 100 free (1:06.02) thus

setting a new pool record. 😊

Congratulations to all of our swimmers!



**INDIAN RIVER
COMMUNITY
COLLEGE MASTERS**

Marjorie Newman
FLNewman@aol.com

Our team placed 7th in the Team Competition (scoring 237 points) at the St. Pete meet in July.



Helping to earn these points were:
Scott McMillen (45-49) - 68 pts
Peggy McDonnell (45-49) - 57 pts
Donald Sonia (70-74) - 45 pts
Claire Young (70-74) - 37 pts
Helene Kelsey (45-49) - 30 pts

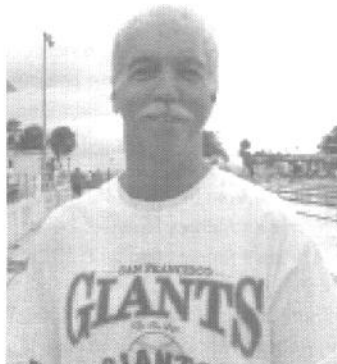
**LAKE COUNTY
AQUATICS MASTERS**

Leesburg
Rene James
coachrene1@aol.com

The Lake Aquatics swim team would like to congratulate **Linda Felton** for breaking two Florida State SCM records during the recent Dixie Zone Championships. Linda (50-54) broke her own 50 free record and also broke the 50 fly record. We also would like to welcome **Jonathan Fong** (35-39) to our team. The Dixie Zone Championship Meet was his first meet since swimming in high school and he swam great!

**MARION COUNTY Y
MASTERS**

Ocala
Tom Koenig



Dane Griffin (50-54) swam at the LCM Championships in July. He came in 4th in 200 free, 5th in 100 free and 6th in 50 free. We hope you enjoyed your first meet, Dane!

ORLANDO MASTERS

Orlando
Jennifer Twiford
teamorlando@msn.com

We attended the SPM LCM July Meet.



Cathy Shonkwiler (40-44) placed 1st in High Points and set several pool records: 200 Free in 2:19.50, 400 Free in 4:52.25, 50 Back in :34.59 and 100 Back in 1:17.32. **John McCall** (50-54) placed 1st in High Points and also set some pool records: 200 Free in 2:22.10, 50 Fly in :28.52, 100 Fly in 1:04.07, 200 Fly in 2:38.32 and 400 IM in 5:46.53. **Charles Weatherbee** (65-69) also placed 1st in High Points. **Linda Downing** (35-39) and **Brian Hendrickson** (35-39) placed 3rd in High Points. Linda also came in 1st in 50 Fly and 400 IM. **Steve Boney** (30-34) came in 1st in 50 Breat and 2nd in 50 Fly and 200 IM. **John Keen** (35-39) came in 1st in 200 Free, 400 Free & 1500 Free, 2nd in 50 Free and 3rd in 100 Free. **Liliana Ostertag-Newsome** (45-49) came in 1st in 200 Breast and 3rd in 50 Breast. **Jack Beattie** (65-69) came in 1st in 50 Back & 200 Back and 2nd in 100 Free. **Ernestine Beattie** (65-69) came in 1st in 50 Fly.

We also hosted the October SCM Meet and hope you all enjoyed it.

SOUTH LAKE MASTERS

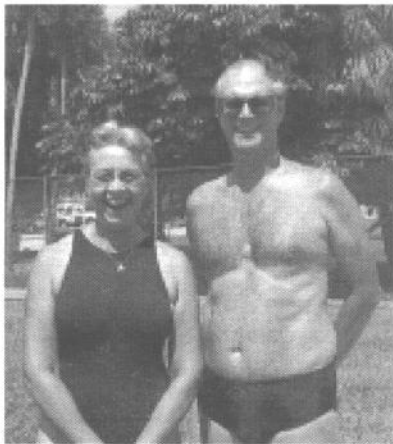
Terri Pyle
chaseterri@aol.com

I've just come back from Greece. I DID IT!! 9 hours and 52 minutes in 4-6 foot swells with a gale wind. It was an awesome challenge and an experience that I will keep with me forever.

When I returned home, I was asked to coach for The USA National Triathlon Training Center's brand new pool. We changed our name from Hammerhead Sharks to South Lake Masters. We look forward to quality training and new friendships with fellow athletes. And, I'm thrilled.



Sun City Center
Sue Landers
larrysuelanders1@prodigy.net



Jean Allen (60-64) attends a lot of meets. She placed 1st in High Points at St. Pete. She was joined by James Browne (60-64) who placed 2nd in High Points. From the picture, it looks as though they had a nice time.



Cocoa-Cocoa Beach

Our own Bunny Cederlund is at it again. She has just added 3 World Records to her collection of records and awards. Two of our Space Coast swimmers traveled to Seattle, WA to compete in

the LCM Nationals. Bunny Cederlund (80-84) and Tom Bliss (45-49) were among the 1,000 swimmers from around the nation who competed.

Bunny Cederlund swam in six events, which resulted in her winning five races, **breaking three world records**, and finishing second in one event. Her record setting events were all backstroke (50, 100 & 200) as well as the 1500 and 400 free. She earned 2nd place in 50 free. Even though second is excellent, Bunny wishes that she had pushed herself a little harder since she was beaten by just one second.

Tom Bliss swam in five events, which resulted in two 2nd, two 3rd, and one 4th place finish. He achieved 2nd in 400 IM and 200 back, 3rd in 100 back and 200 fly and 4th in 200 IM. In the 200 back event, Tom was surprised to learn that his second place time was the fourth fastest in the world in last year's standings.

Tom Bliss set his own record in St. Pete in July. SPCO had 3 swimmers attend the St Pete LCM Championships. Tom set a pool record in 400 IM. Bob Sigersmith (75-79) and Tom were high point winners. Al Rogerson (75-79) took two 1st, 2 2nd and a 3rd to win 2nd in High Point.

Fourteen of our swimmers achieved top ten times on 8 relay teams for the 2000 SCM season. They are Lee Nessel, Amanda Pagon, Missy Bliss, Marcey Tabar, Carolyn Malac, Nancy Price, Dick Robeck, Al Rogerson, Bob Sigersmith, Phil Lindsley, Dave Thomas, Pete Turner, Tom Bliss and Lester Bell.



Ft. Myers - Sarasota
Dick Brewer
swimflorida@usms.org

SPM LCM Meet in July

Part of the 15-person SWIM contingent (see picture) at St. Pete reflects on the new "high flying" start technique



demonstrated there by Robert Davie.

Baker's Dozen sets 25 team records in Zone Championships

Thirteen was a lucky number for SWIM Florida Masters when that many swimmers competed in the Dixie Zone SCM Championships October 5-7 in Orlando and set 25 team records and one American record.

Deb Walker broke the USMS record in the 100 breast with a time of 1:26.08. She also set team records in the 50 breast, 200 breast, 100 IM, and was on the record-breaking 240+ 200m mixed medley relay team.

Robert Howells had the honor of breaking the oldest team record, the 50m free in the men's 19-24 age group with a time of 25.32. The old record had stood since 1995. Howells also set a team record in the 200m IM and earned a high point plaque in his age group.

Making a big splash in her first Masters meet for SWIM was Holly Item, who broke team records in the women's 35-37 age group in the 100m free and the 100m IM.

Additional team record setters were Melissa DeLisser (1500m free), Chris Gilligan (50m back, 100m back, 200m back, 100m breast, 100m IM), Doug Messineo (50m breast, 200m IM, 400m IM), Kevin McCormack (200m free), Dick Brewer (50m free, 50m breast, 100m breast, 200m breast), Charlie Randall (100m free), and Steve Grossman (200m breast).

The men's 240+ 200m free relay of Kevin McCormack-Charlie Randall-Bob Coulter-Dick Brewer also set a new team record, as did the mixed 240+ medley relay of Chris Gilligan-Deb Walker-Doug Messineo-Charlie Randall. Other high point winners were Gilligan in

women's 55-59, Brewer in men's 55-59, and **John Woods** in men's 75-79.

Sarasota members enjoyed a night out in October when **Pete DeLisser's** former band, the Romero Brothers, was in town for two evening performances at Sarasota's Ungala Gala and the Five O Club. After a pitch-in dinner at Chris Gilligan's house, the group went to the Five O Club to hear Pete play jazz sax with his old group.

SWIM Florida Masters are encouraged to keep up with news, events, and social events on the team's web site at www.swimflorida.org.

TABAC
TAMPA BAY AQUATIC CLUB

Tampa

Merit Greaves

mgreaves@microsystemsonline.com



A whole bunch of our swimmers brought home a 6th Place Team Finish from the St. Pete Meet in July. Thanks to David Maddux who also placed 1st in High Points, Becky Nelson, Brian Starford, Joe Solak, Larry Collins, Kurt Theodore, Michael Scott, Carl Hawkins, Grant Inman, George Brick, Anders Bastman and Ann & Allen Von Spiegelfeld.

**TAMPA TARPONS
MASTERS**

Tampa

Bret Hamlin

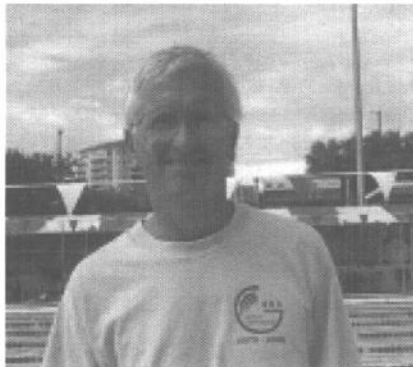
Bhamlin@KWLAW.com



Three of our swimmers attended St. Pete. Janice Cushing (19-24) placed 2nd in High Points, followed by Jessie Devine (40-44) who placed 4th and Douglas Frost (35-39) who placed 8th.

WINTER HAVEN MASTERS Winter Haven

Brian Voisard was the only one from our team who went to the SPM LCM Championships in July. He placed 2nd in



100 Back, 3rd in 200 Free and 4th in 50 Free. Good job, Brian and thanks!

SWIMMING UNATTACHED...

Unattached swimmer Don Smith is not worried about finding a new team.



His new professional agent Jerry Maguire is looking to find a caring, fun, new team for Don. Maguire seems confident, "I don't foresee any difficulties with this task. Don's swimming well. At the SPM LCM meet in July he placed 1st in 100 fly, 2nd in 50 & 100 breast and 200 & 400 IM, 3rd in 50 free, 50 & 100 back and 4th in 100 free and 50 fly. He is in good shape and on top of his game."

CAT team members have been seen

talking to Don (we got a hot tip to check out the CAT team photo). Looks like Don will be part of a new team soon.

(Hope you had fun with this article, Don. ☺ Gertie)

LMSC Awards Dinner

The First Annual Florida LMSC Awards and Recognition Dinner will be held Saturday, February 9, at the Long Center in Clearwater, in conjunction with the CATM Valentine Meet that same weekend. Tickets for the catered dinner are \$15/person and the menu will feature a choice of two entrees. A cash bar will also be available, although those swimming the first event on the following morning may not want to spend too much time there. Further information will be released closer to the awards banquet date.

Also at the Awards Dinner in February, the first annual Frank H Tillotson Award will be presented to the outstanding Florida LMSC contributor to Masters swimming (see Aug newsletter for details).

Please send in your nominations by 12/31/01. I have received several. E-mail: ptullma1@tampabay.rr.com OR send to: Patricia Tullman, 5432 Twin Creeks Dr. in Valrico, FL 33594.



Thank you for your encouraging feedback to the August Issue. I hope you enjoy this issue of the FL LMSC Newsletter just as much, and I welcome your comments.

In the meantime, all the Officers and Chairs of your LMSC wish you a Happy Holiday Season and we will see you at our First Annual Awards Dinner in Feb.!

**Deadline for the next issue:
January 15th, 2002.**

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

**2nd Annual Forest Hills Aquatics After Thanksgiving Masters Swim Meet
December 8th and 9th, 2001**

Sanctioned by Florida LMSC for USMS, Inc. # _____

Meet Director	Milt Bedingfield	Phone: Days (813) 615-7750 Evenings (813) 949-5398		
Date and Times	Saturday, December 8 th , 2001 Sunday, December 9 th , 2001	Warm-up: 10:00AM Warm-up: 8:00 AM	Meet Starts at 11:00AM Meet Starts at 9:00 AM	
Location and Facility	The Long Center is located at 1501 N. Belcher Rd. in Clearwater, FL. Eight lanes will be seeded for all events. Colorado timing will be used with back-up watches.			
Eligibility and Rules	Open to all Masters Swimmers, age 19 and older. Entrants must have a 2001 USMS Registration Card. A photocopy must be attached to the entry form. 2001 USMS rules will govern.			
Entries and Fees	Swimmers may enter five (5) individual events per day PLUS relays . The entry fees are \$2.50 per individual event , \$4.00 per relay team and a \$10.00 meet surcharge for all swimmers . Enclose a SASE if you wish confirmation your entry was received. <u>Note:</u> You may purchase a Long Sleeve T-Shirt for \$15.00; please specify size on entry form. Make check payable to Forest Hills Aquatics, Inc. Entries should be mailed to: Forest Hills Aquatics 603 Chancellor Dr. Lutz, FL 33548			
Relays	Relays will be deck entered and seeded prior to each race. All relay swimmers must be registered, signed a meet waiver and paid the \$10.00 meet surcharge			
Entry Deadline	In order to avoid a late fee charge, meet entries must be RECEIVED by Wednesday, November 28th, 2001. Late entries received by mail, phone or fax will be accepted with an additional \$5.00 fee through Saturday, December 1 st , 2001. If unable to attend the meet, contact Milt Bedingfield at (813) 949-5398 by Friday, December 7 th and your money will be refunded.			
Awards and Scoring	1 st , 2 nd and 3 rd place ribbons will be given for each event. Individual high point awards for 1 st , 2 nd and 3 rd in each event with a minimum of 5 events completed. Team trophies awarded to combined men and women 1 st , 2 nd and 3 rd . Scoring: 9,7,6,5,4,3,2,1 for individual events, double points for relays.			
Results	Results can be ordered for \$5.00 per copy at the meet. One free copy will be sent to each team. A team representative sign up list will be available at the registration table.			
Order of Events	Saturday (meet begins at 11:00 AM)	Sunday (meet begins at 9:00 AM)		
	Women	Men	Women	Men
	#1 200 Fly	#2 200 Fly	#21 200 Free	#22 200 Fly
	#3 100 Free	#4 100 Free	#23 50 Breast	#24 50 Breast
	#5 100 Back	#6 100 Back	#25 100 IM	#26 100 IM
	10 Minute Break		10 Minute Break	
	#7/8 200 Mixed Free Relay		#27/28 200 Mixed Medley Relay	
	#9 200 Breast	#10 200 Breast	#29 200 Back	#30 200 Back
	#11 50 Fly	#12 50 Fly	#31 100 Fly	#32 100 Fly
	#13 200 IM	#14 200 IM	#33 50 Free	#34 50 Free
	#15 50 Back	#16 50 Back	#35 100 Breast	#36 100 Breast
	10 Minute Break		10 Minute Break	
	#17/18 200 Free Relay		#37/38 200 Medley Relay	
	#19 500 free	#20 500 Free	#39 400 IM	#40 400 IM

2002 ANNUAL CAT MASTERS VALENTINE MEET

February 9-10, 2002 • Hosted by Clearwater Aquatic Team Masters • Sanction #142-020

DATE & TIME: Saturday, Feb. 9; warm-up at 7 am for 1000 free which begins at 8 am, and warm-up at 10 am for other events which begin at 11 am. Sunday, Feb. 10; warm-up at 8 am, meet begins at 9 am

FACILITY: The Long Center, 1501 N. Belcher Road, Clearwater, Florida. The Long Center is an indoor 50 meter x 25 yard pool. This meet will be using 8 of the facility's 20 short course yard lanes with Colorado Timing for competition and 10 lanes will be provided for warm-ups during the course of the meet. All events will be swum in numerical order slow to fast. **Events 1 and 2 will be limited to the first 40 to enter.** Refreshments are provided free of charge.

ELIGIBILITY: Current USMS Rules will govern. All athletes 19 years of age and older as of February 10, 2002, and registered with USMS, Inc. Non U.S. citizens should have a letter of introduction from their own swimming association.

ENTRIES & FEES: Swimmers must pre-enter by mail. **Entries must be received by Friday, February 1.** Swimmers may enter a maximum of five individual events per day. Each entry must be submitted on the entry form with your name, club, age, event description, events number, USMS registration number and seed time. Please be sure that all information is filled out, the waiver signed, and a copy of USMS registration form. The entry fees are \$2.50 per individual event, \$4 per relay team and a \$10 surcharge to cover the electronic timing system. Please make checks payable to **CAT Masters**. Entries should be sent to:

Mr. Joe Biondi, CAT MASTERS
216 Elizabeth Avenue
Clearwater, FL 33759

On-line entry information will appear at www.dixiezone.org (click on Meets).
Scratches will be accepted and full refunds made if the meet director (Joe Biondi @ 727-725-0778) is notified prior to 4 pm, February 7.

RELAYS: Relay teams may be deck entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in the relays. Age categories for relays are: 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+. Relay cards are due before events 7 and 15 on Saturday and events 27 and 33 on Sunday.

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

ORDER OF EVENTS (* denotes check-in required 1/2 hour prior to event, † events 1-2 limited to first 40 entrants)

<u>Saturday, February 9</u>		<u>Sunday, February 10</u>	
W/M		W/M	
1/2	*† 1000 Freestyle	23/24	200 Breaststroke
3/4	200 Freestyle	25/26	50 Butterfly
5/6	50 Breaststroke	27/28	100 Freestyle
7/8	200 Backstroke	29/30	100 IM
9/10	100 Breaststroke	31	200 Mixed Medley Relay
11	200 Mixed Free Relay	33/34	100 Backstroke
13/14	200 Butterfly	35/36	100 Butterfly
15/16	50 Freestyle	37/38	200 IM
17/18	50 Backstroke	39/40	200 Medley Relay
19/20	200 Free Relay	41/42	* 500 Freestyle
21/22	* 400 IM		



Fill out the information below, clip this portion of the page and attach it to the Florida LMSC Consolidated Entry Form

FEES: Meet surcharge = \$ 10.00
events () x \$2.50 = \$ _____
TOTAL ENCLOSED = \$ _____

Make checks payable to **CAT MASTERS** and mail the check and the entry form with this tab attached to
Joe Biondi, CAT Masters
216 Elizabeth Ave
Clearwater FL 33759

ATTACH A COPY OF YOUR
CURRENT USMS CARD HERE.

BE SURE TO SIGN AND DATE
THE ENTRY FORM



Local Masters Swimming Committee
Consolidated Entry Card

Masters Swim Meet

Date _____ Location _____

Name _____ Male _____ Female _____ USMS# _____

Birthday ____/____/____ Age _____ Phone (____) _____ Club _____
(as of ____/____/____)

INDIVIDUAL

Event	FREE	Event	BACK	Event	BREAST	Event	FLY	Event	MEDLEY
No.	(Time)	No.	(Time)	No.	(Time)	No.	(Time)	No.	(Time)
/	50 : .	/	50 : .	/	50 : .	/	50 : .	/	100 : .
/	100 : .	/	100 : .	/	100 : .	/	100 : .	/	200 : .
/	200 : .	/	200 : .	/	200 : .	/	200 : .	/	400 : .
/	500 : .								

Number of events ____ X \$2.50 = \$ _____

Meet Surcharge = \$ _____

Late fee, if applicable \$5.00 = \$ _____

Copy of Final Meet results \$5.00 = \$ _____

Long Sleeve T-Shirt(s) _____ X _____ = \$ _____

Circle: Small Medium Large X-large

TOTAL = \$ _____

Mail Entry to:

Make Check Payable to: _____
Entry Deadline: **RECEIVED** by _____

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

Incomplete entries (no fee, incomplete entry card) or late en tries (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 DAMAGE 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, ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS, (see Rule Book Article 203.1)

PLEASE SIGN and DATE:

Is this your first meet? YES _____ NO _____

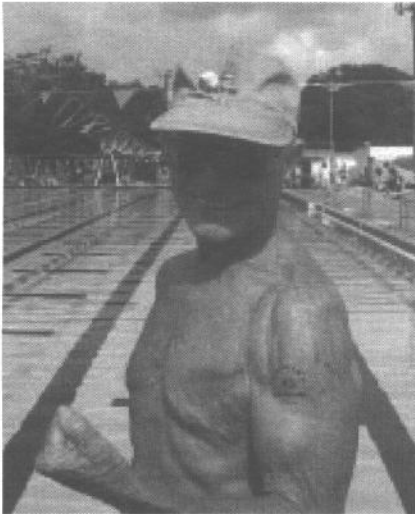
FLORIDA

Florida Masters Swim Committee, Inc.
5432 Twin Creeks Dr.
Valrico, FL 33594

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ASK THE SWIM DOCTOR

By Paul Hutinger



Question: The pool where I train, doesn't have a pace clock. What are my options? My pool has pace clocks, but I can't see them without my glasses. What are my options?

Answer: Pace clocks are a valuable asset to your total Masters program as it adds variety and motivation to your personal training. Therefore, in both instances, the solution is a personal pace clock. A commercial 15 inch pace clock can cost \$130 and a programmable one, \$1275. My teammate, Elmer Luke, high school swim coach for 30 years, came up with an inexpensive alternative, for under \$10. Basic 9" black and white kitchen clock, with second hand, at Target or Walmart--\$5-7. 5 inch diameter PVC pipe, 3 to 4 inches long, at Home Depot--under \$2. 1 AA battery--\$1. With a hacksaw, cut a groove the width of the clock and approx. 2 inches deep, at one end of the pipe.

You now have your own portable pace clock. It is light enough (1 lb.) and small enough (two pieces) to fit in your swim bag. When you get to the pool, set the clock in the pipe and position it on the deck where you can see it from your lane.

If you swim in an end lane, set it on the side of the pool, so you will be able to see it at each turn. Luke used this technique for his hour swim. He checked his 50 splits and knew he was on the pace he wanted. If you set it at the end of your lane, use it for your intervals. With open turns, you can see the hands on each turn. If you do flip turns, do occasional open turns to check your pace on longer swims. You now have the means to include timed pace swims and sprints in your workouts, and evaluate your training progress throughout the season.

In a future article, I will include suggestions for using the pace clock.

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