

FLORIDA

Local Masters Swimming Committee • May, 2003, Newsletter • Vol. XX, No. 2

Coming Up

Information and entry forms can be downloaded at www.dixiezone.org/Meets.htm. Additional meets in the Dixie Zone (Southeastern United States) are available at that site.

Pool Competition

June 28-29	LC	Sarasota
July 6	LC	Ft. Lauderdale
July 11-13	LC	St. Pete
July 26-27	LC	Brunswick GA
Aug. 1-2	LC	Orlando
Aug. 14-17	LC	USMS nationals (NJ)
Oct. 10-12	SCM	Orlando
Nov. 8-9	SCM	Fort Myers

Open Water Competition

June 28:	Amelia Island Challenge (1-mi & 5k)	Fernandina Beach
June 28:	Clearwater Beach One-Mile Swim	Clearwater
June 28-29:	Lean Cuisine Ocean Mile	Deerfield Beach
July 12-13:	Lean Cuisine Ocean Mile	St. Pete
July 19:	Dixie Zone 2.5k / 5k Championships	Carter's Lake (Ellijay GA)
July 26-27:	Lean Cuisine Ocean Mile	Ft. Lauderdale

LMSC Meetings

Meetings are held in conjunction with LMSC meets, at the pool after Saturday's last event. All registered LMSC members are invited to attend.

July 12: St. Pete

October 11: Orlando

From the President



Dear FL LMSC Members,

Our first FL LMSC meeting of the year was held on Saturday, April 5 after the 400 IM at the St. Pete SCY Meet. Once again Nancy Eddy and Christine Swanson did an outstanding job in hosting a great meet. Thanks to both of you for your dedication and commitment to our fine sport. I actually got to swim in a mystery heat but didn't win.

In our meeting we had an aggressive agenda and accomplished much in a short time. Thanks to all of you who made the effort and sacrifice to attend. There were several important items covered in our meeting that I want to briefly summarize. They included the 2003 San Diego Convention, Florida At Large team, and annual audit.

2003 Convention in San Diego, California: The FL LMSC has four delegates that they can send as voting representatives. This is based on the size of our membership. Margie Hutingler, Frank Tillotson, Meegan Wilson and myself will be the representatives for our

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LMSC. Each one of us will be going to the convention with specific goals that include ways that we can benefit the overall FL LMSC and our own individual clubs. The contributions, fact finding and recommended organization improvements will be reported to you upon the completion of our trip. In September, 2004 the convention will be held in Florida right in the heart of our LMSC in Orlando. If you would like to assist in this exciting event please be at our next meeting in July (in St. Pete) and sign up to be on the planning committee.

At-large Team: For quite some time the FL LMSC has been looking at the pros and cons of having an At Large Florida Team to compete against other state teams at National events. There are several other "At Large" teams that compete on a national level and we are finalizing a proposal through one of our committees to be presented in our next LMSC meeting. Each club/team will have the option of participating or not. One of the most obvious benefits is for small teams who normally don't have enough individuals for relays, they will then have that opportunity. Another benefit, for both large and small teams alike is putting together the fastest swimmers in our LMSC to form world record relays! Please make it a point to come to our July meeting to have direct input, as we finalize the arrangements. Thanks to Dick Brewer, Christine Swanson and Joan Campbell for volunteering for this committee and for all of your hard work!

Annual Audit: One of the requirements of our By Laws is to have an audit of our financial records each year. For several years we have had to review it within our Board and supporting representatives, none of whom are CPAs. It is important to understand that we audit the books to look at ways to improve the management of our financial records. Meegan Wilson has done an outstanding job as treasurer and we are constantly looking for helpful insight that can be offered through an audit. If you are a CPA or know of one who would be willing to support our FL LMSC pro bono, we need you!

As a bridge from the last newsletter, I want to continue to emphasize the importance of our membership working toward unity! In keeping before us one of the key elements of Masters swimming, we want to build relationships and remember how delicate they are. We talk about the social aspects of swimming and we need to make the effort to lay down issues for the sake of our camaraderie. It takes each one of us to make it work. When you think about the nature of swimming it can be a very lonely sport. In many ways it is just you and the water. That is one of the reasons why we need to make the most of every relationship. I don't get paid the big bucks doing what I do for this sport, so it must be for some other reason. It is the conditioning, competition and camaraderie (the 3 C's) that keeps me coming back. Let's each do our part to embrace the 3 C's. I have got to believe that if we all invest in them, that it will make our sport a pleasure for all!

Serving you,
Tom Bliss
Chairman, FL LMSC

TOP TEN & RECORDS REPORT

by Margie Hutinger

When I make my selections for the outstanding FL LMSC pool swimmers, I have a point system which includes world and national records, USMS All American and Top Ten swims plus FL number one rankings. Since I include ALL three courses, some swimmers who were outstanding in only one or two courses weren't included. Hope to see you at the next banquet at the February Clearwater meet.



This is a friendly reminder to ALL swimmers competing in meets outside of the FL LMSC and in USA-swim meets. If you want your times to be included for USMS Top Ten and the FL Top 5, you MUST send me an OFFICIAL COPY of your meet results. You can accomplish this either by sending me a hard copy of the final results; notice of your events and meet and where it is posted on the internet;

copy of your award stickies or scanned stickies into an e-mail to me.

The USMS All American relay swimmers are now official for 2003. In my unofficial scanning of the list, it appears to me that the majority of the FL LMSC swimmers on this outstanding list are from the 400 relays offered at the Orlando SCM meet. Teams in FL having All American relay swimmers include FMM, ORLM, SPM, SWIM and TBAC. I would encourage more teams to include the 400 and 800 relays in their meets, as a service to the swimmers.

Included in this issue are the FL LMSC SCM records. Records broken included 70 women's individual and 11 relays; 46 men's individual and 13 relays, plus 3 mixed relays. WOW!!! Congratulations to all record breakers. Jean Troy, FMM, was the champion record breaker with 10. Hanging in there with his team mate, Brud Cleaveland, FMM, set the pace for the men with 7 records.

These are the oldest LCM records that were broken in 2002. Very few records are left to break from the 1980's.

WOMEN

- 45-49: 50 Fly-Carol-Ann Hudson, LCAM, 32.25; *broke Barbara Hoellen's 1989 record of 33.93*
- 85-89: 50 Free-Kay Schimpf, FMM, 1:02.24; *broke M McKechnie's, SPM, 1989 record of 1:03.78*
- 85-89: 200 Free-Kay Schimpf, FMM, 5:11.86; *broke M McKechnie's, SPM, 1989 record of 5:33.83*
- 85-89: 800 Free-Kay Schimpf, FMM, 21:44.00; *broke McKechnie's, SPM, 1989 record of 24:05.34*
- 85-89: 50 Back-Gertrud Zint, FMM, 1:09.41; *broke M McKechnie's, SPM, 1989 record of 1:13.57*
- 85-89: 100 Back-Gertrud Zint, FMM, 2:41.33; *broke M McKechnie's, SPM, 1989 record of 2:54.94*
- 85-89: 200 Back-Gertrud Zint, FMM, 5:45.75; *broke M McKechnie's, SPM, 1989 record of 6:00.16*

MEN

55-59: 100 Free-Glenn Woodsum, ATAC, 1:00.46;
broke Jack Beattie's, HLJ, 1989 record of
1:03.71

Notice: CPA Needed

Your Florida LMSC is in need of a CPA who would be willing to volunteer some time to audit the Florida LMSC books for 2002.

Our bylaws state: "The Treasurer's accounts shall be examined annually by an auditor or an auditing committee of not less than three members, who, satisfied that the treasurer's annual report is correct, shall sign a statement of that fact at the end of the report. The auditor or auditing committee shall be appointed by the Executive Board. The auditors report shall be given at the next regular meeting after their appointment."

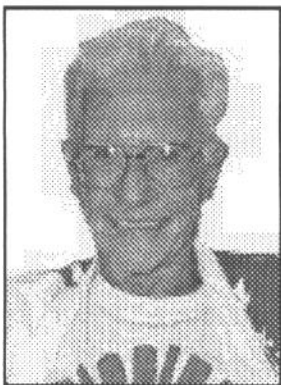
The past three years, 1999 - 2001, have been audited by a committee (Chris Swanson, Ron Collins and Bret Hamlin) who have done a superb job; however, due to location restraints, this has been difficult to accomplish in a timely manner. Please volunteer to help. You will be doing a great service for the Florida LMSC. We would like to hand over the books at the July LMSC meeting in St. Pete at the long course meet and have a report at our annual October meeting in Orlando at the short course meters meet. Please contact Tom Bliss if you can help.

Thank You,
Meegan Wilson, Treasurer

ASK THE SWIM DOCTOR

By Paul Hutinger

Question: What are the effects of drugs and medications on my swim training and performances?



Answer: Many Masters swimmers are on long term drugs for heart problems, blood pressure, cholesterol, diabetes, etc., or temporary drugs for bacterial infections. Some blood pressure medications are beta blockers, which can cause a decrease in your heart rate, which can effect your performance. Medications affect patients differently, and the Masters swimmer must be aware of the side effects that may

interfere with their daily training. Be sure to read the leaflet that comes with your medication, so you are aware of them. Some of the common complaints are a too low heart rate, extreme fatigue, muscle weakness, dizziness, shortness of breath, cough, constipation, diarrhea, etc. If you have any unusual symptoms, check with your doctor immediately, as he may be able to prescribe a substitute that your body can handle more

easily.

Most trained individuals do have a greater total body hemoglobin, due to the greater total blood volume. While working on my doctorate at Indiana Univ., we measured the amount of my blood, and I had 15%-20% greater than the predicted blood volume, which is based upon body size. Research studies verify this. If you train year round, three or four days a week, for 30-60 minutes, you are in a special category of a trained athlete, no matter what your age, and have more total liters of blood. With approximately 15% more blood, it appears your hematocrit and hemoglobin are lower than normal. This person may be misdiagnosed as having anemia. Sometimes, it is known as marathoner's anemia.

Roger Franks, a multi world record holder at age 75, recently experienced problems with the side effects of lipitor, a cholesterol lowering drug. He consulted with his doctor as he became progressively weaker and ended up unable to walk without a limp, climb stairs normally, lift himself out of a chair without help and occasionally collapsed on the floor. In addition, he experienced muscle aches, cramps and spasms, especially at night. Needless to say, this was a frightening experience and his swimming was adversely affected. Be sure to inform your personal physician if you are a trained athlete. If he has a background in sport's medicine or has knowledge of your regular training, he can more adequately advise you and your special needs. As competitive Masters swimmers, we want more out of life than to just sit around in our rocking chairs and watch the world go by.

Anyone wanting more info, please send a large SASE to: Dr. Paul Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703. E-mail: phut@usms.org

News from Around the LMSC



Gainesville
Victor Buehler
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300 Club Masters mourns the loss of Don McPhee who died on February 24 from complications following the removal of a blood clot and lung infection.

Don had greatly improved his quality of life in the six months that he swam with us. His enthusiasm was an inspiration for all of us and we miss him and will never forget him.

300 Club Masters made a donation to the American Heart Association in his name. We extend our sympathy to his wife and family.





Clearwater
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 Joan Campbell
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Our Coach Appreciation Dinner on March 30 was a great success. Thank you to Bob Lavanture and Joan Campbell for arranging everything. We had over 40 attendees, including Joe and his wife Jamie and their daughters Sevesti and Alexis. The food, drinks and friends were wonderful. Many old and new photos of Joe and his personal swim and coaching history were available and most enjoyable. They showcased many of Joe's swimming accomplishments and pictured many of the "old" and current swimmers he has coached in a span of 35+ years.

Results for the 2003 One Hour Postal National Championship Swim are in and as a team we did very well. Out of 125 entries in the Small Team Division we were 11th! Marilyn Belson, John Best, Joan Campbell, Pat Cohen, Denise Corbin, Nancy Durstein, Lisa Evans, Jessica Fish, Karen Gardner, David Gifford, Liz Graham, Daniel Mullett, Roz Randall, Jerry Rutigliano, Debi Schneider, Janet Shellenberger, Carole Torreano and Winnie Walters swam for a total distance of 57,205 yards. Outstanding performances: Joan Campbell was 3rd, Nancy Durstein 4th, Winnie Walter 3rd and Elliott Schofield 6th. Congratulations to all!

The Good Life Games Long Course Swimming Competition took place March 9th at the Long Center. The Cat Masters "Golden Girls and Guys" i.e. ladies and gentlemen 50+ made a great showing. **FIRST PLACE** medals went to Liz Graham, Roz Randall, Carole Torreano, Pat Cohen, Joan Campbell, Nancy Durstein, Alex Ramirez-Miller, Robert Lavanture, Elliott Schofield and Fred Walbolt.

At the Polk County Senior Games on March 9, Joan Campbell broke records in the 100 free, 200 back and 50 breast; Nancy Durstein broke records in the 100 fly and 50 back and set a record in the 100 IM. You are awesome! The CATM Team placed 3rd out of 30 teams. Our team did very well at the 33rd Annual SPM Swimming Championship held on April 4-6, 2003. In the team competition we placed 6th out of 31 teams. High Point 1st Place Winners included Joan Campbell, Charles Kohnken and Fred Walbold. High Point 2nd Place Winner was Nancy Durstein. We extend congratulation out to all of the other swimmers who came and contributed to the 6th place Team Score! 2002 USMS Top Ten: Congratulations are in order for Joan Campbell who placed in 11 events, Nancy Durstein who placed in 11 events and Elliott Schofield who placed in 7 events.

Congratulations to Christina Noordstar who is now ranked as an All-American Age Grouper. That means she is in the top 5% of her age group in the USA! She is ranked 44th in the country and 6th in the State of Florida!

Thanks to Joe for all his hard work to get us all ready to swim our best and for being at the meet to give us last minute advice, support and for boosting our

confidence. We are fortunate indeed.



DIANETICS SWIM TEAM
 Clearwater
 Kitty Magness
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Brian Smith, Bob & Kitty Magness and Gertie Perry swam 11,890 yds in the 1Hr postal. We enjoyed it and the great blue swim caps, too! In April, Gertie swam into 5th place in the 1,650 Free at the St. Pete Championships. We're now gearing up for a triathlon competition in June and are signing up a few new members while we're at it.



St. Petersburg
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 Paul Hutinger
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Twenty-nine Mavericks competed at the annual Valentine Meet in February. We placed second in the combined team division with 1,759 points (only 20 points away from the first place team). Second place was a certificate and \$50 in cash. We appreciate that Clearwater gives the recipients the freedom to choose what to do with their earnings. For us, it will go into our relay fund, to cover the expenses for those who helped earn it.

High point winners included James Browne, Florence Carr, Kay Schimpf, Frank Tillotson and Patricia Tullman. Second place was earned by Gladys Olsen, Doris Prokopi, Ruth Thompson, Matthew Watkins, Charles Weatherbee, Robert Williams and Gertrud Zint. Third places went to Jean Allen, Patricia Bond, Carole Dirksmeyer-Nichols, Charles Edwards, Margaret Homans, Peggy Hughes and Flavia Zappa. Others contributing to the team effort included Patricia Bayers, James Christie, Harrison Homans, Gaylord Hopkins, Ruth Hoskinson, Margie and Paul Hutinger, Elmer Luke, James Pitts, June Reynolds.

At the LMSC Awards Dinner, Saturday after the meet, Jean Troy and Brud Cleaveland received the Most Valuable Swimmer Award, for their outstanding achievements in pool events, in 2002. The Mavericks presented the annual service award, in honor of Frank H. Tillotson's numerous outstanding contributions to Masters swimming. This year's recipient was Meegan Wilson, from the 300 Club, in Gainesville.

LONG DISTANCE ALL STAR

For the 2nd year in a row, Peggy Hughes (80-84) was selected as a Long Distance All Star. To be considered for this prestigious award, a swimmer must compete in at least three National Championship Long Distance Events. Hughes was 1st in the 3000 & 6000 Yards Postal and in the 2-mile cable swim and 6th in the One Hour Postal.

SENIOR MEET

The 50+ crowd was well represented at the popular local Good Life Games in Clearwater. Jean Allen, Peter Brooks, James Browne, Florence Carr, Carole Dirksmeyer-Nichols, Harrison Homans, Ruth Hoskinson, Peggy Hughes, Robert Hunter, Margie & Paul Hutinger, James Pitts, Doris Prokopi, June Reynolds, Ruth Thompson, Frank Tillotson, Patricia Tullman, Stephen Westling and Robert Williams. The swimmers walked off with pockets full of hardware, as they earned a grand total of 58 gold, 18 silver and 9 bronze medals. It was the first meet for Maverick newcomers Brooks, Hunter, Vann, and Westling.

LAKE

Leesburg
Rene James
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We have had a great SCM Season and currently a great SCY Season as well. We are proud to boast that Carol-Ann Hudson has received USMS All American status in the 100 SCM Fly and holds the Dixie Zone record for it. Besides being an All American, she is also ranked in the USMS Top Ten in five SCM races. She is having a good SCY season to date, and hopes to cap it off with a solid performance at Nationals in Arizona!!! Tanya Felton is also ranked in the Top Ten in 3 SCM events and holds the record in the 100 SCM IM.

The Clearwater meet showcased Jayne Pheil earning national time standards in all her events she swam. Jayne and Carol-Ann received second place high point honors at the meet. The team also had fun watching David Marshall swim at the meet. Because of his busy travel schedule, he does not get to compete with the team much. Way to go David!!!!

Best of luck to Carol-Ann Hudson, Jayne Pheil, and Rene James at the upcoming Short Course Nationals!!!

**Merry Minnows**

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Dick Brewer
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Minnow competitive activity this spring has been light although we have all been practicing to varying degrees and we all have good intentions.

Dan Ringma and Dick Brewer collected five gold medals at the Clearwater Games for Life long course senior meet in March and remain the reigning Senior Minnows, and we're still pointing towards the Bonaire One-mile EcoSwim in November to celebrate Dave and Kathy's 20th wedding anniversary.

Not all Minnow athletic endeavors have been in the pool. Dave Erickson, his daughter Katie, and Patrick White are addicted to land activities, run regularly, and all finished in the top of their respective age groups at an April running race near Immokalee.

Welcome to new Minnows Patrick, Matt, Mary, Lisa, Selina, and Frank. We also want to welcome our friends

from Southwest Swim Masters in Bonita Springs who worked out with us while their pool was undergoing renovation, and to our Unattached and SWIM FL friends who periodically swim with us just because they want to.



Cocoa/Cocoa Beach/Merrit Island
Tina DeSalvo
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Space Coast Masters has had some highs and lows these past few months. It all started with our pool having heater problems during the cold spell in January. Six swimmers managed to swim the postal One Hour Swim on January 11th. Right after that swim it was determined that there was a leak somewhere in the pool. The pool was shut down until the middle of February. There was a real scramble to find another watering hole! A local college offered their pool and on Jan 18th, seven more swimmers completed the Hour Swim.

Space Coast came in 20th out of 125 small teams with representation from age groups 40 to 80. The highlight of this event was our swimmer, Bunny Cederlund who came in first in the nation in her age group 80-84. She swam 2,755 yds. Altogether, we swam 40,185 yds!

THE BRUTE SQUAD. Grrrrrr!

Barbara Waganaar, Aileen Heuser, Pete Turner, Carl Finney (President of SPCO), Tom Bliss, Dave Thomas, Lee Nessel, Karen Halford and Cliff & Beth Stargardt make up this squad. If you haven't heard of the BRUTE SQUAD, you're in for a treat. Michael Collins, who was affiliated with Davis Aquatic Masters (DAM) devised the Brute Squad and his team ran it as a postal event. Sarah Tyler decided this might be a "fun" event to spice up workouts and to challenge oneself. She encouraged and coached some SPCO members to give it a try. Sarah describes the event this way: Swimmers have 2 hours in which to swim, in this order---- 200 fly, 400 individual medley, and a 1650. Once the swimmers begin the 200 fly, the clock starts. How the swimmer budgets their time is up to them.

St Petersburg's 33rd Annual Short Course Meet was revisited by four SPCO Masters:

- Carl Finney (45) swam 6 events and swam a personal best in the 100 free
- Tom Bliss (48) swam in 10 events garnering 7 second places 2 thirds, and one 4th.
- Al Chipman (80) swam in 9 events earning 1 first place, 2 thirds, a 4th and 5th places.
- Bunny Cederlund (81) swam in 8 events taking 1st place positions in all her events.

The octogenarians of SPCO both were high point winners in their age groups. These two are getting better with agelike fine wines!

Our team is proud to have Sarah Taylor and Tom Bliss listed as a TOP TEN swimmer for the 2002 SCM Season. Tom placed in the Top Ten for the 100 and 200 back, 200 breast, 200 fly, 200 and 400 IM. Sarah was listed for the 200 back and 800 free.



St. Petersburg
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ST PETE MASTERS

SPM would like to thank all the participants who swam the 33rd Annual SCY Championships. 104 meet records were recorded at this year's meet. Tom Smith bested a record set in 1982 and Jennifer Alger and Rick Walker both bested meet records from 1985. Congratulations to all the record breakers on their achievements. In addition to the meet records, Burwell Jones set 4 new USMS records in the 70-74 age group. Again, thanks for attending the meet!

During March, SPM held an inter-squad dual meet and pancake breakfast with great success. Sixty plus swimmers arrived at the pool ready for head to head competition in a high school dual meet format. The eventual victors were the men of Gary Bastie's team and the women of Charlotte Petersen's team. The competing teams thank both captains who put the line ups together for the meet.



Sarasota & Fort Myers
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Chris Gilligan
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Springtime and beautiful warm weather! We finally started open water swims on Sat and it's wonderful out there! Mostly flat seas and long rolling swells. We had our first team kayak trip of the year, putting in at Blackburn Point and paddling south. Eventually we all (14 of us) hooked together, broke out the drinks, and floated through sunset. Then exit the water and dinner at a local fish house. Can't beat it!!

At St. Pete this April, Bump Jones broke four national records (100 and 200 backstroke, 200 and 400 IMs). With 28 swimmers, we were the 2nd largest team in St. Pete.

Members' News:

- Swim Floridas' Deb Walker is being inducted into the Dick Vitale Hall of Fame, a Sarasota institution!!
- Cheryl Dimeo married Ron Locke on March 21.
- There will be a Celebration of Life at Selby Gardens for Roy Inghams daughter Nicky, who died of breast cancer just recently.
- For a Booker School fundraiser Pete Delisser brought his old band, The Romero Brothers, down from NYC and joined them with his sax! Great horn!

And Swim Florida of Sarasota is putting together a great June LCM meet at the fast Selby Pool. Y'all come!!



Tampa
Dave Naffziger
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Starting out the 2003 season, the Tampa Bay Aquatic Club finished as the 3rd place visiting team at the Clearwater Meet in February. During that meet, the following swimmers either broke existing or set new individual team records for a total of 33 records: Kristin Rinaberger (1), Karen Becker (6), Dave Maddux (5), Mike Scott (7), Grant Inman (2), George Brick (4), Andy Bastman (3), and Ken Wiebeck (5). Collective efforts resulted in breaking 3 existing relay records.

However, we were not satisfied with that. At St. Petersburg, we moved up to the 2nd place overall visiting team, with our beautiful ladies coming in 1st and our not-so-beautiful men finishing in 3rd as visiting teams. And the records continued to fall. This time, Bryna De La Piedra (5), Karen Becker (5), Jessica Captain (5), Steve De La Piedra (2), Joe Solak (1), Mike Scott (2), Ralf Porsch (1), Carl Hawkins (2), George Brick (2), and Andy Bastman (3), combined for 4 newly-established records and 26 previously-set broken records. Relay count was up too. 4 team relay records fell to the onslaught.

And as if that is not enough, in the 2002 World relay rankings for SCM, the 200+ 200 Freestyle relay team of Carl Hawkins, Grant Inman, Andy Bastman, and Mike Scott finished NUMBER 1 in the entire WORLD of Master's Swimming. They were the only American relay in the top 10 and missed the world record by about 1 second.

Nice going guys!

Right now, our resident open water nuts, Joe Solak, Clara Reynolds and Tommy Rawls are prepping for the Tampa Bay Swim on April 19. Some more of our less crazy open water swimmers are looking forward to the Hurricane Man swim on May 10 in Pass-A-Grille. We also have a strong contingent getting ready to go to Arizona in May for the SCY Nationals along with the Y Nat's in Sarasota this month.

DISCLAIMER

USMS, Inc. and FL LMSC, Inc. is now, and always has been, concerned for the safety and health of its members. All opinions stated in this newsletter are solely those of the author(s) and not necessarily those of USMS or the FL LMSC. Always check with your physician prior to beginning an exercise program.

DEADLINE



Apologies for being unable to get a printed version of the newsletter out this quarter.

**Deadline
for the August issue is
Tuesday, July 15**

Please send your news and/or pictures to
gertraud_e_perry@yahoo.com

WEB SITE REFERENCES

Florida LMSC.....www.floridalmssc.org
Dixie Zone.....www.dixiezone.org
United States Masters Swimming.....www.usms.org

competition calendar..... www.dixiezone.org/Meets.htm

Florida & Florida Gold Coast club web sites

CATM.....www.clearwateraquatics.com
FHA..... www.geocities.com/foresthillsaquatics
FMM..... www.maverickswim.org
GOLD.....www.fgcmasters.org
GSC..... www.gatorswimclub.com/Masters.asp
HLJ..... www.holmes.masters.net
ORLM..... www.teamorlando.net
OVMS..... www.bobbrubaker.com/oviedomasters.html
PLAN.....www.swimpst.org
SCMM..... merry-minnows.home.att.net
SPM..... www.stpetemasters.com/
SWIM.....www.swimflorida.org
TBAC..... www.geocities.com/swimtbac

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