

# FLORIDA

Local Masters Swimming Committee, Inc.

## NEWSLETTER

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Vol. XX, No. 3

Aug-Oct, 2003

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### WHAT'S INSIDE?

Letter from the President \* Ask The Swim Doctor \* Top 10/Records Report  
News From Around The LMSC \* Calendar of Events \* My Favorite Workout  
and much, much more...

# CALENDAR OF EVENTS

## POOL MEETS

AUG 1-2 / LCM: Team Orlando Masters Summer Invitational in Orlando, FL. Info available at <http://home.att.net/~dixiezone/Meets/0308orlm.pdf> Entry deadline: received by 7-22; fax entries accepted until 7-28.

AUG 8-10 / LCM: So. Masters LC Championships in New Orleans, LA. NEW Info & Entry are available at <http://www.dixiezone.org/Meets.htm> Entry deadline: received by 8-6.

AUG 14-17 / LCM: USMS NATIONAL LCM CHAMPIONSHIPS in Piscataway, NJ at Rutgers Univ. Info at <http://www.usms.org/comp/lcnats03/>

OCT 10-12 / SCM: Team Orlando Masters FALL SCM Invitational in Orlando, FL. Info available at <http://home.att.net/~dixiezone/Meets/0310orlm.pdf> Entry deadline: received by 9-29; fax entries accepted until 10-3.

NOV 8-9 / SCM: SWIM FL Masters SCM Invitational in Ft. Myers, FL. Info available at <http://home.att.net/~dixiezone/Meets/0311swim.pdf> Entry deadline: received by 11-1.

DEC 6-7 / SCM: DIXIE ZONE SCM CHAMPIONSHIPS in Marietta, GA.

FEB 14-15 / SCY: CAT Masters Valentine Meet in Clearwater, FL. Followed on Saturday by the 3<sup>rd</sup> Annual FL LMSC Awards Banquet.

## OPEN WATER EVENTS

JULY 19: DIXIE ZONE OW CHAMPIONSHIPS (2½K & 5K) at Carter's Lake in Ellijay, GA. Info, entry and directions available at <http://home.att.net/~dixiezone/Meets/0300NewtOW.pdf>

JULY 26-27: Lean Cuisine Ocean Mile Swim in Ft. Lauderdale, FL. Info and

entry available at <http://www.familyfitnessweekend.com>

JULY 27: USMS 5K Open Water CHAMPIONSHIPS at Elk Lake in Bend, OR. Entry available at <http://www.usms.org/longdist/ldnats03/5kentry.pdf> Entry deadline: received by 7-15. For more info contact Pam Himstreet at 541-385-7770 or [himstreet@bendcable.com](mailto:himstreet@bendcable.com) USMS sanctioned.

AUG 3: USMS 10K Open Water CHAMPIONSHIPS in the Pacific Ocean in Santa Cruz, CA. Entry available at <http://www.usms.org/longdist/ldnats03/10kentry.pdf> Entry deadline: received by 7-21. For more info, contact Joel Wilson at 831-425-5762 or [openwatr@got.net](mailto:openwatr@got.net) USMS sanctioned.

AUG 16-17: Lean Cuisine Ocean Mile Swim in Key Largo, FL. Info and entry available at <http://www.familyfitnessweekend.com>

SEPT 20-21: Lean Cuisine Ocean Mile Swim in Miami Beach, FL. Info and entry available at <http://www.familyfitnessweekend.com>

OCT 11-13: Lean Cuisine Ocean Mile Swim in Sandpiper, FL. Info and entry available at <http://www.familyfitnessweekend.com>

OCT 25: 2<sup>nd</sup> Annual St. Croix 10-mile Coral Reef Swim (limited to the first 5-10 swimmers and swimmers from last year have 1<sup>st</sup> priority). For more info contact Randy Nutt at 800-356- 5132 or [info@randynutt.com](mailto:info@randynutt.com)

OCT 26: 8<sup>th</sup> Annual St. Croix 5-mile Coral reef Swim (limited to the first 200 swimmers). Info available at <http://www.randynutt.com/scinfo.html>

NOV 8: Bonaire Eco Swim in the Netherland Antilles. Info and entry available at <http://www.randynutt.com/bainfo.html> Entry deadline: received by 10-15.

## POSTAL EVENTS

MAY 15 - SEPT 30: USMS 5K/10K Postal Championships. Entry available at <http://www.usms.org/longdist/ldnats03/5k10kentry.pdf> For further info contact Mel Goldstein at [Goldstein@mindspring.com](mailto:Goldstein@mindspring.com) USMS sanctioned. Submission deadline: received by 10-10.

SEPT 1 - OCT 31: USMS 3000/6000 Postal Championships Entry available at <http://www.usms.org/longdist/ldnats03/3k6kentry.pdf> Submissions deadline: received by 11-10. For more info, contact Doug Garcia at 509-332-1621 (before 9pm PST) or [douggarcia@usms.org](mailto:douggarcia@usms.org) USMS sanctioned.

SEPT 1 - DEC 15: 2003 Postal Pentathlon hosted by the MN LMSC. Sprint Distance (50Fly-50 Bk-50 Br-50Fr-100IM) Middle Distance (100Fly-100 Bk-100 Br-100Fr-200IM) IronMan Distance (200Fly-200 Bk-200 Br-200Fr-400IM) Submissions deadline: postmarked by 12-24. Info available at <http://www.mn-lmsc.org/pententryform.pdf> For more info, contact Nicki Phillips at 763-639-9195 or [mnlmsc@hotmail.com](mailto:mnlmsc@hotmail.com)

## SWIM CLINICS

Sept 19-21: Auburn Masters Swim Camp in Auburn, AL. David Marsch, Rowdy Gaines, Ralph Crocker, Tom Healy (Auburn Masters), Marty Hamburger (Dynamo Masters coach) and Brian Wrighton (Birmingham Masters coach) are hosting this camp. For further info and for registration go to <http://www.ag.auburn.edu/~cbailey/camp03.pdf> Or, direct any questions to Tom Healy at 334-844-9746 or [auswim1@auburn.edu](mailto:auswim1@auburn.edu)

1<sup>st</sup> FL LMSC SWIM CLINIC to be held in Nov/Dec in Clearwater, FL by CAT Master Coach Joe Biondi. Watch out for details - you don't want to miss this exciting event!!

Dear Florida Swimmers,



Are you in the KNOW? If not, why aren't you in the KNOW?

Every person has different reasons for joining Masters

swimming and those reasons are as unique as the people themselves. Whatever your reason for being a part of this exciting organization, that reason will be greatly enhanced as you KNOW more about what is going on within the organization. Whether you are a member strictly for the health benefits or seek to compete at every opportunity, there is always something going on that will probably interest you if you are in the KNOW!

So the question is, how do you get in the KNOW? There are several ways like reading your club and FL LMSC newsletters and the quarterly SWIM magazine. You can also access the FL LMSC ([www.floridalmc.org](http://www.floridalmc.org)), Dixie Zone ([www.dixiezone.org](http://www.dixiezone.org)) and USMS ([www.usms.org](http://www.usms.org)) Web sites to obtain workouts, calendar of events, latest training tips and much, much more. In addition, each club has a team representative who is a contact point for you and for us at the LMSC level. This person for the most part is/should be the person who is most in the KNOW for your local club (if they aren't

you need to MILDLY harass them to get in the KNOW - they are to represent your club at our quarterly meetings too). These are some of the ways that you can get in the KNOW.

We had our middle of the year meeting at the St. Petersburg Swim meet on Saturday, July 12. If you were not at the meet you missed a well run and fun meet that Harold Ferris and his associates put on. The meeting was well attended and we covered/accomplished much. Some of the topics that were covered included: Florida At Large Team; San Diego Convention and the FL LMSC Newsletter. A brief summary of each of these follows:

**FLORIDA AT LARGE TEAM:**

Throughout the nation there are several states that have amassed many of their clubs to form one large state team to compete in the National or World Competitions. Even though several of these large teams don't have the best swimmers they win the overall meet due to their number of swimmers. For years we have known that Florida is the state with the fastest swimmers and now we want the nation and the world to know it. That is why we are encouraging members and clubs to consider this new arrangement in membership. To learn more about how you can be included please refer to the FL LMSC web site at <http://www.floridalmc.org/News.html>.

**SAN DIEGO CONVENTION:**

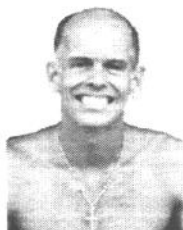
One of the benefits of going to convention each year is the opportunity to bring back valuable information/knowledge that is covered in the meeting sessions. This year's San Diego convention runs from September 7 - 14 and will once again have a significant amount of important information updates. As with last year your delegate representatives will report on the information that they acquire for the benefit of our organization as well as your clubs. Your delegates are Meegan Wilson, Tom Bliss, Frank Tillotson and Margie Hutingler. Joan Campbell will be attending as a delegate at large.

**FL LMSC NEWLETTER:**

Aiming toward excellence requires constant change and modification. This is the case with our FL LMSC newsletter. Please accept a very deep apology from your directors on the lack of a paper newsletter copy for our last print. Getting the news out to you in a timely and faithful fashion has been and always will be our priority. Last newsletter fell at the demise of a printer issue that has forced us to look elsewhere. You will receive this issue on time as well as future issues, if it means we use a copy machine to run them off. That is exactly what we had to do for this issue and I would like to personally thank Meegan Wilson for copying and mailing

continued on page 5

**Your Officers and Chairs**



Tom Bliss, Chairman  
5605 S. Tropical Trail  
Merritt Island, FL 32952  
321-453-3409  
[tombliss7@juno.com](mailto:tombliss7@juno.com)



Meegan Wilson, Treasurer  
620 NW 27<sup>th</sup> Way  
Gainesville, FL 32607  
352-373-0023  
[wilson@afn.org](mailto:wilson@afn.org)



Victor Buehler, Secretary  
16535 NW 126 Ct.  
Reddick, FL 32686  
352-591-0398  
[pigasus@prodigy.net](mailto:pigasus@prodigy.net)



Patricia Tullman, Registrar  
5432 Twin Creeks Drive  
Valrico, FL 33594

[www.usms.org](http://www.usms.org)

813-655-7648

[ptullma1@tampabay.rr.com](mailto:ptullma1@tampabay.rr.com)



Margie Huting, Top10/Records  
1755 Georgia Avenue NE  
St. Petersburg, FL 33703  
727-521-1172  
[phut@usms.org](mailto:phut@usms.org)



Gertie Perry, Newsletter  
P.O. Box 1314  
Clearwater, FL 33757  
[gertraud\\_e\\_perry@yahoo.com](mailto:gertraud_e_perry@yahoo.com)



Christine Swanson, Sanctions  
2536 Maryland Avenue  
Tampa, FL 33629  
813-254-4514  
[ctswanson@yahoo.com](mailto:ctswanson@yahoo.com)



Joan Campbell, Senior Games  
Liaison

[www.dixiezone.com](http://www.dixiezone.com)

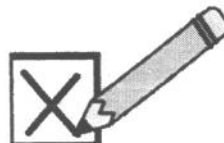
1698 Winners Circle  
Tarpon Springs, FL 34689  
727-938-7181  
[jcampb10@tampabay.rr.com](mailto:jcampb10@tampabay.rr.com)



Dick Brewer, Webmaster  
2871 4th Street NE  
Naples, FL 34120  
239-352-4828  
[rdbrewer@att.net](mailto:rdbrewer@att.net)

Bret Hamlin, Coaches Liaison  
628 Luzon Ave.  
Tampa, FL 33606  
813-258-6276  
[bhamlin@kwlaw.com](mailto:bhamlin@kwlaw.com)

Richard Avery, Safety  
1111 Cherry Hills Dr.  
Sun City Center, FL 33573



**We Are Still  
In Need of  
a CPA**

The Florida LMSC would like to thank Ron Collins, Bret Hamlin and Christine Swanson for volunteering to audit the 2002 Florida records. Their report will be available at our annual meeting, Saturday October 11, at the SCM Orlando meet.

We are still in need of a CPA who would be willing to volunteer time to audit the 2003 records next year. Please contact Tom Bliss if you can help us out, or if you can recommend someone.

Thank you!!! Meegan Wilson

[www.floridalmc.org](http://www.floridalmc.org)



this particular newsletter. However, in growing and moving with the times please remember that we are eager to transition as many of our members as possible to accessing the web site for their newsletter source.

For our FL LMSC to continue to be a growing and thriving organization we each need to be in the KNOW! There are various services and sources of information that are designed to help make you successful in your pursuit of master's excellence all this is just a flip turn away. If you have any questions on how you can better be in the KNOW start by asking your team representative. KNOW that you can always contact any of your board members if need be, as well. We are here to help you reach your masters potential.

Last but not least, I would like to mention that Meegan Wilson, our FL LMSC Treasurer, was one of four Ransom Arthur candidates for 2003. She was nominated for her outstanding work for The History and Archive Committee and our LMSC.

Yours in the Water,  
Tom Bliss  
FL LMSC Chairman



**TOP TEN  
AND  
RECORDS  
REPORT**  
By Margie  
Hutinger

I have received my hard copy of the preliminary SCY Top Ten, and it will be posted on the internet, shortly. You will receive this too late to notify me of any mistakes. I submitted times from the following meets: Oviedo; Seniors included Gainesville, State Championship, Polk Co & Martin Co; USA times for Mark Drennen, Darl Bonnema and Charlotte Petersen; Clearwater; Ft Myers; St Petersburg (2); Indian River and Y Nationals Relays. For the Florida Top 5 and Records, I included times from the final results swimmers sent me from meets in Savannah, Ft. Lauderdale, Illinois State Championship, Y Nationals and SCY Nationals.

I've mentioned this topic before, but it bears repeating. With the upcoming prospect of a Florida State Team, how about teams stepping forward and hosting relay meets? These can be informal, short, half-day meets for all three courses with a simple social afterwards. Camaraderie is also an important aspect of Masters swimming. In the spirit of good sportsmanship, these meets should be available for ANY Masters club, not just the Florida State team, as has been suggested.

Included in this issue are the FL LMSC SCY records. Records broken included 45 women's individual and 4 relays; 62 men's individual and 2 relays; plus 3 mixed relays. WOW!!! Congratulations to all record breakers. Burwell Jones, 69 and

70, SWIM, was the grand champion record breaker with 15, spanning two age groups.

Gertrud Zint, FMM, 85, was the leading women's record breaker with 11.

These are the oldest LCM records, from 1983-1990, that were broken in 2003. Three records remain from 1982 & 1983.

#### WOMEN

35-39--200 Fly-Karen Becker, TBAC, 2:19.07; broke Anne Grams', 1983 record of 2:24.50.  
50-54--1000 Free-Susan Halfacre, GSC, 12:18.61; broke Jayne Lambke's, SPM, 1990 record of 13:41.06.

1650 Free-Pam Geiger, SPM, 22:35.15; broke Jayne Lambke's, SPM, 1990 record of 22:39.73.  
85-89--100 Back-Gertrud Zint, FMM, 2:28.29; broke M McKechnie's, SPM, 1990 record of 2:45.73.

#### MEN

30-34--50 Fly-Martin Zubero, UNA, 23.06; broke big brother David's, 1990 record of 23.69.  
50-54--50 Free-Jeffrey Perout, GSC, 23.16; broke Bob Bailie's, SPCO, 1988 record of 23.90.  
50 Back-Perout, GSC, 27.32; broke Jack Beattie's, HLJ, 1988 record of 29.15.  
100 Back-Perout, GSC, 59.46; broke John Smith's, HLJ, 1986 record of 1:01.93.  
200 Back--Perout, GSC, 2:08.59; broke Burwell Jones', SMS, 1985 record of 2:23.55.  
100 IM--Perout, GSC, 59.83; broke John Smith's, HLJ, 1986 record of 1:00.96.

## NEWS FROM AROUND THE LMSC



Club Swim Team

Gainesville

Victor Buehler

[pigasus@prodigy.net](mailto:pigasus@prodigy.net)

In June 2003, our coach, Ron Davis, competed in the 60-64 age group at the National Senior Games in Hampton Roads, VA. He finished 15<sup>th</sup> in the 100 I.M., 12<sup>th</sup> in the 50 Breast and 4<sup>th</sup> in the 200 Breast. Congratulations Ron!

300 Club Masters sent 3 swimmers to the Swim Florida Long Course Championships in Sarasota, June 28-29, and 4 swimmers to the Long Course Championships in St. Petersburg, July 11-12. In St. Pete all four swimmers, Victor Buehler, Bill Rodenfels, Marly Wilson and Meegan Wilson received high point awards and finished fifth out of the 21 teams present.

We would like to welcome our new members for 2003: Kristina "T" Belvin, Beth Cantrell, Christian Fabiani, and Taiko Pelick.



CAT MASTERS

Clearwater

Patricia Cohen

[pcohen@MD.QMPWLaw.com](mailto:pcohen@MD.QMPWLaw.com)

The Top Ten Preliminaries for USMS 2002-2003 list four CAT MASTERS: Bob Levanture, Elliott Schofield, Joan Campbell and Nancy Durstein.

International Fina Top Ten SCM and LCM lists 2 CAT Masters: Joan Campbell events and LCM: 3 events) and Nancy Durstein (SCM: 3 events, LCM: 3 events).

33<sup>rd</sup> Annual SPM Swimming Championship held on April 4-6, 2003. Overall, as a team we placed 6<sup>th</sup> out of 31 teams.

We would like to thank Christina and Quint Noordstar, Jean Tsagaris, Buffy Price, Debi Schneider, Lisa Evans, Carole Torreano, Roz Randall, Lenore Ruppert, Joan Campbell (1<sup>st</sup> place in High Points), Nancy Durstein (2<sup>nd</sup> place in High Points), Charles Park, Bill Conlon, Michael Smith, Erek Kirsten, Daniel Mullet, Jerry Rutigliano, Pat Marzulli, John Best, David Gifford,

Charles Kohnken (1<sup>st</sup> place in High Points), Alex Ramirez-Miller and Fred Walbolt (1<sup>st</sup> place in High Points) for supporting the team so well.

6<sup>th</sup> Annual Tampa Bay 24 mile Marathon Swim, April 19, 2003  
Pat Marzuli did it in 12 hours and 35 minutes!!!

YMCA Nationals April 24-27, 2003: Thanks to Bill Conlon, Joan Campbell and Nancy Durstein for representing us and having a successful meet.

Hurricane Man Open Water Swim May 10, 2003  
2.4 Miles: Nancy Durstein 1<sup>st</sup>; Maude Orlando 2<sup>nd</sup>; Pat Cohen 3<sup>rd</sup>; Pat Marzuli 3<sup>rd</sup>; Wolfgang Scholl 10<sup>th</sup> and Yvette Compton 11<sup>th</sup>.  
1000 M: Millie Hamilton 1<sup>st</sup>; Shirley Taylor 1<sup>st</sup> and Cathy DeHaan 2<sup>nd</sup>.

USMS SCY Nationals in Phoenix, Arizona May 13-18, 2003 Congratulations to Joan Campbell for placing 2<sup>nd</sup> (200 Fly), 3<sup>rd</sup> (1000 Free), 4<sup>th</sup> (200 & 500 Free) and 5<sup>th</sup> (200 Back and 400 IM).

[continued on page 6](#)

CAT NEWS continued...

Senior Games Nationals in Virginia Beach, VA, June 2003

Joan Campbell (70-74) and Elliott Schofield attended. Together they earned two 2<sup>nd</sup>, one 3<sup>rd</sup>, one 4<sup>th</sup>, four 5<sup>th</sup> and one 6<sup>th</sup> place.

June 28-29 / LCM: SWIM Florida T-Shirt Meet.

Sarasota FL. Lisa Evans, Buffy Price, Carole Torreano, Lenore Ruppert, Marianne Bradley, Joan Campbell, Nancy Durstein, Marilyn Belson, Mike Smith, John Best, Charlie Kohnken and Elliott Schofield headed south and enjoyed Sarasota. ☺

Clearwater Beach Ocean Swim.

June 28, 2003 Pat Marzuli placed 2<sup>nd</sup> and Liz Graham 3<sup>rd</sup>.

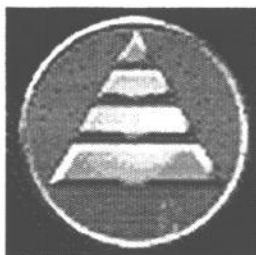
Lean Cuisine- Publix Fitness Weekend 1-Mile Open Water Swim July 12, 2003

Carole Torreano placed 1<sup>st</sup>, Ivette Compton 3<sup>rd</sup>, Liz Graham 3<sup>rd</sup> and Wolfgang Scholl 3<sup>rd</sup>.

CAT Masters was 4<sup>th</sup> overall at the St. Petersburg Swim Meet held July 10-12, 2003. Joan Campbell not only won High Points for her age group but also won 8 of the 10 events she entered!! Way to go Joan!!

Joan Campbell is going to the Nationals at Rutgers in New Jersey to compete in the 1500 Free.

In San Diego this September, Our Coach Joe Biondi will be attending the World Coach's Clinic while Joan Campbell will be representing CAT Masters at the USMS Convention.



**DIANETICS SWIM TEAM**

*Clearwater*

*Kitty Magness*

*kitty.magness@verizon.net*

Kitty Magness, Heather Magness, Jackie Magness, Ann Luefan, Cathy Kamhi, Gertie Perry and Wolfgang Kuenkele (who is in Germany) competed in a month long triathlon. The object? Who can complete the most Olympic triathlons (1mi swim - 25mi bike - 6mi run). Ann placed 4<sup>th</sup> (11 tris), Kitty placed 2<sup>nd</sup> (14 tris) and Gertie placed 1<sup>st</sup> (16 tris). CONGRATULATIONS!

Gertie completed an on-line biking competition tailored after the Tour de France (21 segments totaling over 3,200 km). Gertie finished this in 48 days thus finishing 4 days ahead of everyone else.



*St. Petersburg*

*Paul Hutinger*

*phut@usms.org*

*www.maverickswim.org*

**INDIAN RIVER MEET**

Mavericks competing at the last SCY meet in FL for the season included Ruth Thompson, Frank Tillotson, Charles Weatherbee and Robert Williams.

**SCY NATIONALS - TEMPE, AZ**

In spite of triple digit air temperatures, the host team provided extra shade and gallons of drinking water to enable us to survive in the sun. For the first time since deck seeding was initiated, we had heat sheets Every morning. Gertrud Zint broke the National Record in the 50 breast. Florence Carr, Patricia Tullman, Margie & Paul Hutinger and James Christie performed very well also. The women's foursome scored 182 points and placed 7<sup>th</sup> in the Small Team Division. The combined team placed 16th. Every evening our small team met for dinner at a different southwestern restaurant.

*continued on page 10*



## FL National Team?

The time to make a decision is near. Are you, or is your club, ready to become part of a Florida National Team with one immediate goal of challenging for a national championship at the 2004 USMS Long Course Nationals in Savannah, Georgia?

Each club and individual needs to have made the decision whether to participate in 2004 by the October 11 Orlando meet/LMSC meeting so there will be time to register the combined club and prepare materials for 2004 USMS registration, which begins three weeks later. For those who were not at the July 12 LMSC meeting to receive a copy of the Florida Combined Team report, it is available on the LMSC news web page ([www.floridalmsc.org/News.html](http://www.floridalmsc.org/News.html) -- click on the link in the first column).

There will be an organizational meeting Saturday evening, October 11, in Orlando for everyone interested. The time and location will be announced at the LMSC meeting that afternoon.

Those wishing to participate, or those with suggestions or questions, should contact Dick Brewer at [rdbrewer@att.net](mailto:rdbrewer@att.net) or Joan Campbell at

[jcampb10@tampabay.rr.com](mailto:jcampb10@tampabay.rr.com), who are coordinating the initial communications between interested clubs & individuals.

## FLORIDA

Local Masters Swimming Committee

Information	News	Recognition
<ul style="list-style-type: none"> <li>People</li> <li>Clubs &amp; Reps</li> <li>Links</li> <li>Forms</li> <li>Bylaws</li> <li>USMS State Book</li> </ul>	<ul style="list-style-type: none"> <li>Newsletters</li> <li>News, Meetings</li> <li>Competitions</li> <li>• Dates, Info</li> <li>• Results</li> <li>• Maps to pools</li> </ul>	<ul style="list-style-type: none"> <li>LMSC Records</li> <li>LMSC Top 5</li> <li>Dixie Zone</li> <li>USMS Records</li> <li>USMS Top 10</li> <li>FINA Records</li> </ul>

For those wishing to access Florida LMSC newsletters on the internet, here are step-by-step instructions:

1. Go to the Florida LMSC web site ([www.floridalmsc.org](http://www.floridalmsc.org))
2. Click on "News & Newsletters"
3. In the right column, click on the date of the newsletter you want to read.

Newsletters are usually posted within the first two weeks of the month they are published. For example, the August newsletter should be online no later than August 15.

If you wish to be notified via email of the exact date, including a link directly to that particular newsletter, please send your email address to Dick Brewer ([rdbrewer@att.net](mailto:rdbrewer@att.net)) with the message, "Notify of LMSC

newsletter."

If you indicated on your USMS registration form that you preferred to receive the newsletter electronically, your email address is already registered. If you have changed your email address since your registration or have not received a notification this year for the February or May newsletters, please send your new or updated email address to Dick at the same address.

## Mark your calendars...



The CAT Masters Valentine meet in Clearwater will be February 14-15, 2004 (a real Valentine's meet!). ***It will be followed by our 3<sup>d</sup> Annual FL LMSC Awards banquet.***



Make a note now so when you start getting all of those 2004 calendars this fall, you can fill the date in and be ready.



FMM NEWS continued...

### SUNDAY MORNING SPLASH - BRANDON, LCM

Seventeen Mavericks supported the first Masters meet held at the Brandon Swim & Tennis Club. What a pleasant treat to sit in the shaded picnic area after the meet and enjoy the free snacks and visit with fellow swimmers. We appreciated the effort by Sue Moucha and cohorts to provide another venue for Masters swimming in Florida, and hope they will have more meets in the future. The Mixed 320+ 400 Free Relay, with Kay Schimpf, Robert Williams, Jean Troy and Brud Cleaveland, broke the NATIONAL RECORD, with a time of 7:39.20.

### SARASOTA LCM MEET

Twenty-two Mavericks "Swum hard.....put up wet" at the Sarasota T-shirt meet. For two days, we played tag with the rain gods. The swimmers' sun gods prevailed. Robert MacDonald broke the NATIONAL RECORD in the 200 Breast with a time of 3:36.45. Three relays also broke NATIONAL RECORDS:  
Mixed 280+ 400 Medley Relay, 7:08.71, with Amar Lathi, Weatherbee, Tullman and Troy.  
Mixed 280+ Free Relay, 12:54.80, with Troy, MacDonald, Tullman and James Brown.  
Mixed 320+ 400 Medley Relay, 8:38.28, with P Hutinger, Zint, MacDonald and Reynolds.  
Troy led off the 800 Free Relay and broke her own World Record

with a time of 3:17.42.



Pictured is the 2020 record relay team, with Carole Dirksmeyer-Nichols, Matt Watkins, Ruth Thompson and Flavia Zappa. With all the attention focused on the older swimmers, these youngsters wanted us to know they are the record breakers of the future.....2020.

### ST. PETE LCM MEET

With only nine swimmers, the Mavericks won the visiting team division at the St. Pete Masters Championship meet. High point winners included Browne, Troy, Matthew Watkins and Zint. Second place was earned by Jean Allen, Paul Hutinger and Schimpf and 3rd place went to Ruth Hoskinson and Weatherbee. Jean Troy broke her World Record in the 1500 Free with a time of 27:23.78.



### VIRTUAL SWIMS

Dakota Eliason is taking advantage of the new Virtual

Swim Series, provided by the USMS Fitness Committee. She doesn't compete and uses these swims to motivate her in her early morning workouts. She started her Crater Lake Swim by swimming the one-mile down to the bottom.....and back to the top (one mile). Eliason is half way around the 26-mile lake. For information on other Virtual Swims, check out: <http://www.usms.org/fitness>.

Paul Hutinger, Team Representative



**HOLMES LUMBER JAX**  
Jacksonville  
Pete Nickodem  
[PNickodem@aol.com](mailto:PNickodem@aol.com)  
[www.holmes.masters.net](http://www.holmes.masters.net)

Many Holmes Lumber Jax participated in the Beaches Fine Arts Triathlon Series this year. Notable were Matt Depallo taking third place overall in the Clydesdale Class, Major Kevin Collins taking 2nd place overall in the Military Category. Chantal Leferve achieved PRs in three competitions placing third. Lisa Lorenzo and John McGarrigle competed for the first time this year and caught the "Tri-bug" and will be swimming, biking and running in many more. Long time swimmers Terry and

Rebecca Ryan made a month long trek to Chile to climb Mount Aconcagua which at 6,960 m is the highest point in the southern and western hemispheres. The closest they came to swimming was having to ford a river which was just above the freezing point. One of their guides went above and beyond the call of duty by thawing Rebecca's feet out on his tummy. Holmes Swimmers are also preparing for the annual Kiwanza's Ocean Swim in August with ocean swim practices on Sundays.

**LAKE COUNTY  
AQUATICS**

*Leesburg  
Rene James  
CoachRene1@aol.com*

Lake Aquatics would like to congratulate Carol-Ann Hudson (45-49 age group) for receiving All-American Honors in the SCM 100 Fly. We are very proud of her #1 ranking in this event.

Lake would also like to congratulate Carol Ann, Jayne Pheil, and Rene James for their outstanding performances at Short Course Nationals in Tempe. The temperatures were hot but so were the swimming performances by Carol-Ann and Jayne. They both posted best times in all of their events, six each, as well as brought home some hardware to compliment

their fine efforts. Carol-Ann had top ten finishes in five out of six of her events and Jayne received top ten honors in two of her events. This was Jayne's first time swimming at Nationals and she swam well!!!

In closing, the team wants to wish Jonathan Fong and his family much success in their adventures on the west coast. We miss your competitiveness and enthusiasm at practice but know you will join us at swim meets. Just remember - flags to the wall.



**Merry Minnows**

*San Carlos Park  
Dick Brewer  
rdbrewer@att.net  
[merry-minnows.home.att.net](http://merry-minnows.home.att.net)*

**Welcome to new Minnows**  
Whitney Bryant, Kathleen Moye,  
Raul Rojas, Jaime White, and  
Jennifer Williamson.

**Winners on the road:**

Patrick White and Raul Rojas placed first in their respective age groups and Dave Erickson second in his at the April 5 Wendell Rollason 5K run in Immokalee. A month later, Rojas placed second in his age group and third overall in the Masters

division at the Tropicool 5K Road Race in Naples and Erickson and White each finished fourth in their respective age divisions. Rojas and White followed that at the 25th annual July 4 Pippin's 5K race in Naples, which attracted 330 runners. White and Rojas both finished third in their respective age groups.

Patrick White (bicycle) and Raul Rojas (run) were two-thirds of the first place coed relay team at the 17th annual Fitness Challenge Triathlon in Naples on June 1, and their team placed third overall. Matt Seluk placed second in his age group in individual competition, and Frank Feeney led his relay team in the swim leg of the triathlon to a first place in the corporate division.

**Winners in the water:**

Dick Brewer swam in the May Stanton C. Craigie Memorial Meet at IRCC, in June long course meets in Fort Lauderdale and Sarasota, and in July long course meets in Fort Lauderdale and St. Pete. He recorded four long course lifetime bests during those competitions.

**Looking ahead:**

Our whole Minnow group is looking forward to participating in our first USMS 3000-yard postal championships/team cookout in September/October at our San Carlos pool, and Patrick White and Dick Brewer

are contemplating a go at the 6000-yard postal. Dave Erickson, Kathy Erickson, and Dick Brewer will be competing in open water at the Metric Mile Eco Swim in Bonaire in November and will celebrate the Erickson's 20th wedding anniversary while there.

All of the running mentioned earlier will pay off in September when Raul Rojas runs in the Chicago Marathon, and Patrick White competes in the Lake of the Ozarks IronMan Triathlon.

and 90's) not only active in sports but competing at a national level.

\*\*\*\*\*

April 24<sup>th</sup> - 27<sup>th</sup> 2003  
Sarasota, Florida  
YMCA Masters  
Nationals Swim Meet

The Orlando YMCA Aquatic Center takes 2<sup>nd</sup> place in the nation in the 2003 YMCA Masters National Swimming Championships in Sarasota, Florida. The men's team took first place and the women's team took second place in the small team individual competitions. There were approximately 500 swimmers representing 45 YMCA's from across the country. The Orlando team took first place overall in last year's competition in Ft. Lauderdale.

National Champions included: Cathy Shonkwiler (ORLM), Kathy Marques, Charlotte Peterson (SPM), John McCall (ORLM), Maud Orlando (CAT), Andy Farrell, John White, Karen Kyrnauw, Arnie Perez, Bunny Cederland (SPCO), Jason Nettles, Scot Weiss, Alberto Perez, Thomas Bliss (SPCO), Brian Spaulding, Karen Becker (TBAC), Sally Newell, Chris McKee, Chester Miltenberger and Fred Ehmke.

The following individuals also broke National Records for the swim meet:  
John McCall, Cathy Shonkwiler (ORLM), Bill Specht (SPM), Charlotte Peterson (SPM), Bunny

Cederland (SPCO), Karen Kyrnauw, Karen Becker (TBAC) and Kathy Marques.

Other team members included: Nancy Guinn, Sandy Steer (SPM), Thomas Koenig (FMM), Pat Bond, Bob Lombard, Steve Boney, Laura Sarisky, Jessica Sarisky, JoAnne Harrelson (SPM), James Zurcher, Gary Zarkis, Alyve Vogel, Lillia Ostertag Newsome and Lena Anderson.



**YMCA NATIONALS**

Hello,  
I am Scot Weiss, a board member of the downtown YMCA and also a Masters swimmer. I wanted to send you a quick note letting you know how the Masters swimmers performed representing the Central Florida YMCA's (aka Orlando Y) in the YMCA Masters National Swimming Championships this year. This is a great annual event and is a very inspiring to see senior members of our community (some in their 80's

The word "diversity" seems to be a very popular one right now... diversity in the workplace, diversity in our portfolios, diversity in our thinking, etc. While swimming with my teammates, it occurred to me that regardless of gender, age, or background, our goals are all very similar... swim with the better technique in a faster time for that event. We are all alike in this endeavor - very similar.

In looking around me, however, I realize how diverse our team is in their personal and professional lives. We have engineers, former CEO's, corporate vice presidents, teachers, guidance counselors, college professors, computer

experts and purchasing agents. There are physical therapists on our team, MD's, PhD's and EdD's. There are realtors and a special agent who was with the secret service in Washington, D.C. We have mothers who swim during their pregnancies, take time out for a delivery and return to the pool soon after. As the gestation of these babies gets closer to 9 months, there's a standing joke at the pool that one team member will dial 911, the second will boil the water and the third will be the "scissors" person.

By the way this "diverse" team came in second out of 12 teams at the Stanton C. Craigie swim meet in Ft. Pierce on May 17-18, 2003. The ages of our participants ranged from 36 to 81 years.

On that same weekend, an SPCO member, Bunny Cederlund (81) was swimming at the Nationals SCY in Tempe, Arizona. Bunny garnered 4 first places in the 50, 100, 200 backstroke and the 1000 freestyle events.

While Sarah Tyler is not officially an SPCO member (she swims for SNM with family), she is our "adopted member and considered one of our own. Sarah was at Nationals as well and swam 6 events ranking 4<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 9<sup>th</sup> places.

The first Long Course Meet for members of our team was the St. Petersburg meet on July 11 - 13. Only two of the fellows made the

trip and did quite well as they prepared for the Long Course Nationals which are in August. Both Tom Bliss and Bob Sigersmith represented SPCO with good swims.

In spite of all our diversities, SPCO is a cohesive team that hits the water with a singular, enthused purpose... SWIM WELL!

Here's looking forward to a successful long course season.

Angie Sinacore  
Space Coast Masters



**SWIM Florida**  
*Masters*

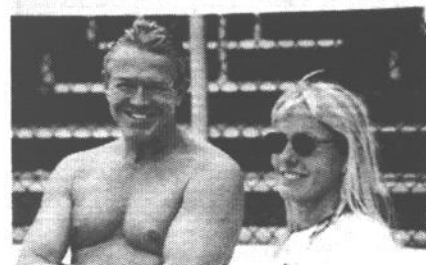
Sarasota & Ft. Myers  
Chris Gilligan  
h2ogill@comcast.net  
[www.swimflorida.org](http://www.swimflorida.org)

SwimFlorida's "Bump" Jones has set three World Records for long course in the 70-74 age group. Records fell in the 200 back, 100 back and 200 IM.

*Three of our swimmers were members of the winning coaches relay held in June at the Special Olympics Area Games at the Y. Special Olympics coaches participating in the 4X25 relay were Tommy Schwartz, Rick Walker and Jim (Jimbo) Donnelly. There was discussion*

*on deck of "breaking up" this relay for future competitions.*

The SwimFlorida LCM Meet in June saw some first time competitors! Way to go Helen Vetter and Kirsty Beauchamp! The social after lasted 'til the keg floated..... :) Thanks to all who supported the meet.



*Pictured are Robert Davie and Deb Walker, two of the meet directors for the SwimFlorida LCM Meet held in June.*



*This picture shows Kandy Donnelly who took care of all the volunteers for the meet, serving food and drinks!!*

Sarasota Y Sharks are having their 19th Annual Siesta Key Triathlon on October 5. Relays



are a great way to participate so if you swimmers have cycling and running friends, get together and enter! Go to [www.active.com](http://www.active.com) for info and registration.

**TABAC**  
TAMPA BAY AQUATIC CLUB

Tampa

Dave Naffziger

[swimtrek@tampabay.rr.com](mailto:swimtrek@tampabay.rr.com)

We have had a very successful last three months. The biggie was the Tampa Bay Marathon last April. Our crazy-again relay team of Joe Solak, Clara Reynolds and Tommy Rawls did it again. They placed second in the 3-person Mixed Relay category.

The following weekend, Karen Becker and Ken Wiebeck went to Sarasota for Y-Nats. Ken placed in the top 5 in 5 events, while Karen placed second in 4 events and first in one.



Next, five of our guys headed to Arizona for Master's Nationals and came back some impressive results. Mike Scott, 45-49, hauled in a silver medal in the 100 yd. IM and a 7th in the 100

Free, both times being team records. Carl Hawkins, 50-54, got an 11th in the 50 Free and a 12th in the 50 Back, setting a team record in the free. Tim Carroll, 50-54, got 28<sup>th</sup> in the 50 Fly, 29<sup>th</sup> in the 100 Free, and 32<sup>nd</sup> in the 50 Free. George Brick, 55-59, got 8<sup>th</sup> in the 100 Free, 12<sup>th</sup> in the 50 Free, and 17<sup>th</sup> in the 50 Fly. George's times in the 100 and the Fly were team records, and his leadoff split in the 200 Free Relay was also a team record. Andy Bastman, 55-59, got 18<sup>th</sup> in the 100 IM, setting a team record, and 18<sup>th</sup> in the 200 Free. In the 200 Free Relay, George, Carl, Tim, and Mike came in 9<sup>th</sup> in the 45+ age group. In the 200 Medley Relay, Carl, Andy, George, and Mike finished 14. Both relays set new team records. As a team, the guys place 75<sup>th</sup> out of 112 teams in the Men's Small Team category.

A week after Nationals, an open water contingent headed to St. Pete Beach for the Hurricane-Man races. In the 2.4 mile race, here are the finishers: 40-44 Women: Caryl Albergo 5<sup>th</sup> and Lisa Sinclair 9<sup>th</sup>, 40-44 Men: Mark Calvert 4<sup>th</sup>, 35-39 Men: Tommy Rawls 3<sup>rd</sup> and Joe Solak 7<sup>th</sup>, 30-34 Men: Eric Sellers 8<sup>th</sup>, and 19-24 Women: our coach Shieloh Stephens came in 9<sup>th</sup>. In the 1000 meter swim: 50-54 Women: Sheila Carpenter-Van Dijk 3<sup>rd</sup>, 35-39 Women: Merit Greaves 2<sup>nd</sup>, and 25-29 Women: Tara Deering and Erin Hughey came in 1<sup>st</sup> and 2<sup>nd</sup> respectively.



Lastly but certainly not least, was the annual summer Long Course meet over in St. Pete. Overall the team came in 6<sup>th</sup>, with the women 8<sup>th</sup> and the men 4<sup>th</sup>. High Point awards were captured by: Karen Becker, 2<sup>nd</sup>, Dave Maddux, 1<sup>st</sup>, Andy Bastman, 2<sup>nd</sup>, and George Brick, 3<sup>rd</sup>. Also contributing to the team score were Lisa Sinclair, Tim Carroll, and Carl Hawkins.

**ASK THE SWIM DOCTOR**  
continued from back cover...

Roger Franks (mentioned in the May 03 issue) is concerned that he may have a permanent set back in muscle strength as a result of taking Lipitor earlier this year. As a result, he is no longer able to swim at the World Record pace he did last year. With a 3 minute slower time in his 1500m free, he feels "incredibly slow in the water and is depressed about the whole swim business." In spite of his challenges, he will be competing at Nationals.

In summary, have realistic goals and objectives to help you overcome your adversities. We all will need this persistence, sometime in our lifetime.

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

## MY FAVORITE WORKOUT



By Flavia Zappa  
From Maverick Masters

Here is one of my favorite workouts. It's a long distance free workout and also includes the three other strokes. It may also be adapted for SCM or LCM, as noted.

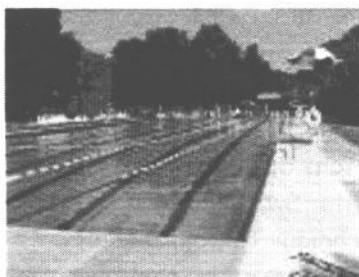
1. 100 yards/meters flutter kick
2. 100 yd/m freestyle arms
3. 100 yd/m freestyle
4. 100 yd/m breaststroke kick
5. 100 yd/m breaststroke arms
6. 100 yd/m breaststroke
7. 100 yd/m backstroke kick
8. 100 yd/m backstroke arms
9. 100 yd/m backstroke
10. 100 yd/m butterfly kick
11. 100 yd/m butterfly
12. 1650 yards freestyle (or 1500 meters if using a SCM or LCM pool)
13. Warm-down choice of
  - a) 200 yd/m breaststroke easy
  - b) 100 yd/m freestyle arms and 100 yd/m freestyle kick

### In Preparation of the 5K/10K Postal

These two events must be swum in a 50m pool and must be completed by September 30<sup>th</sup>.

[www.usms.org](http://www.usms.org)

### In need of a 50m pool?



#### There are a couple!

**Blue Wave Masters** is offering their pool. It is located at the Brandon Swim & Tennis Club at 405 Beverly Blvd. in Brandon, FL and can be used any day from August 4<sup>th</sup> to September 30<sup>th</sup>. Times available are M-Tue-Th-Fri 6am -2pm; W 8am-2pm; Sat 9am-5pm and Sun 1-5pm. Do bring your own timer/counter, stopwatch and \$5 for the use of the pool. Please contact Sue Moucha before coming (to ensure that lanes are available) or if you have any other questions. 813-689-4131 or [jbmoucha@aol.com](mailto:jbmoucha@aol.com)

**CAT Masters** coach Joe Biondi has also mentioned that he could make available their 50m pool. Please contact him at [coachjoeb@verizon.net](mailto:coachjoeb@verizon.net)

If the above pools are not near where you reside, a list of pools (where you might be able to swim if you ask) follows:

- The St. Pete Masters (St. Petersburg)
- The Florida Lightning Masters (Largo)
- The Orlando Masters (Orlando)
- The Sarasota YMCA (Sarasota)

[www.dixiezone.com](http://www.dixiezone.com)



I hope you enjoyed this issue of the FL LMSC Newsletter. It was filled with news and announcements of

exciting happenings around our state.

The Deadline for the November Issue of the FL LMSC Newsletter is October 16<sup>th</sup>!

Please send news and/or pictures to [gertraud\\_e\\_perry@yahoo.com](mailto:gertraud_e_perry@yahoo.com)

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.

On the following page, you will be able to read an article we saw published in *The Naples Daily News*. (The article was adapted from a USMS press release.)

[www.floridalmc.org](http://www.floridalmc.org)

# Sports

## Naples Daily News

### Recreation: Swimming can work with the right push

Friday, July 11, 2003

By KEVIN BROCKWAY,  
[kcbrockway@naplesnews.com](mailto:kcbrockway@naplesnews.com)

For many, a summer afternoon at the swimming pool evokes images of all play and no work.

Yet those who actually get off the poolside lounge chair and plunge in the water can find swimming a rigorous and effective fitness workout.

"Swimming is not always the fastest way to lose weight, but swimming provides excellent overall conditioning because you use lots of different muscles, as opposed to running," said Dr. Jane Moore, a physician and active U.S. Masters Swimmer in Tacoma, Wash.

The key, Moore says, is to push yourself a bit.

"People who consistently swim strenuously enough to be out of breath when they finish, and elevate their heart rate, do burn calories and lose weight," she said.

U.S. Masters Swimming offers

the following links to swimming and overall fitness:

**Heart Helper** — With good technique, swimming provides important cardiovascular fitness benefits. Swimmers can brush up on technique by taking adult classes offered by the American Red Cross, local recreation centers, YMCAs, Jewish Community Centers, or the Transpersonal Swimming Institute ([www.conquerfear.com](http://www.conquerfear.com), 510-526-6000).

**Balance Your Build** —Swimming builds long, lean muscles that complement the shorter, bulkier muscles created by activities like weight training. The long muscles also boost your metabolism to keep burning calories longer.

**Cross-Train** — Swimming can boost lung capacity and muscle strength, while giving your body a break from other activities like running, basketball or weight training.

**Stretch It Out** — Stretching and increasing flexibility is easier in a heated pool, which relaxes muscles, and in the water, which reduces the body weight you feel by 90 percent.

**Strengthen Your Core** — Swimming builds core body strength by using all of your muscles. Though 70 percent of a swimmer's effort comes from the upper body, exercises with kickboards and fins can provide

an incredible lower body workout when done properly.

**Breathe Deeply** — For those comfortable with swimming technique and breathing, swimming can be less taxing on lungs than running, because arms, with their smaller muscles, don't require as much oxygen as legs do.

**Keep Going On Going** —With proper technique, many swimmers can swim longer than they can sustain other activities — allowing you to burn more calories.

**Do It Anywhere** — Swimming isn't just about dingy, crowded neighborhood pools. Many recreation centers and health clubs have beautiful pools, and open-water swimming can take you to lakes, reservoirs and even the ocean. For spots to swim around the world, check the online directory at [www.usms.org](http://www.usms.org).

United States Masters Swimming ([www.usms.org](http://www.usms.org)) is a national organization that provides organized workouts, competitions, clinics and workshops for adults aged 18 and up. Programs are open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming and maintaining a healthy lifestyle. Founded in 1970, USMS is organized with 500 clubs in 53 regions throughout the nation.



# FLORIDA LMSC RECORDS

## Short Course Yards (As of 5/31/03)

M E N				50 FREE				100 FREE				200 FREE				500 FREE				1000 FREE				1650 FREE			
19-24	21.35	N-Kuan Chia	BRAT-00	47.57	C Stevenson	FAST-88	1:44.36	C Stevenson	FAST-88	4:42.10	C Stevenson	FAST-89	10:45.96	Ryan Woodruff	GSC-01	17:10.44	A Constantini	TEAM-93									
25-29	20.69	Coy Cobb	FHA-91	46.69	Doug Soltis	TBR-88	1:43.67	Mike Heath		4:43.34	C Stevenson	FAM-91	10:00.10	T Smith	HLJ-87	16:16.92	Jeff Poppell	JAM-92									
30-34	21.49	C M Halfast	SPM-98	47.18	Stuart Barton	SPM-98	1:45.46	Meisenheimer	ORLM-91	4:49.01	Chris Williams	FLA-92	10:00.46	Chris Williams	FLA-92	16:54.23	A Farrell	ORLM-01									
35-39	21.66	Stepan Oliva	WIN-03	47.69	Stepan Oliva	WIN-03	1:45.79	Doug Schlak	FLA-92	4:54.57	Meisenheimer	ORLM-94	10:41.27	Meisenheimer	ORLM-93	16:49.26	Rich DeSelm	HLJ-92									
40-44	22.31	C Miltenberger	ORLM-94	48.86	C Miltenberger	ORLM-94	1:48.61	Jeff Perout	HLJ-91	4:48.92	Wm Specht	SPM-02	10:49.58	Larry Black	SWIM-00	18:09.83	Paul Wise	JAM-96									
45-49	21.87	R Abrahams	HLJ-90	48.92	R Abrahams	HLJ-91	1:51.45	Jeff Perout	GSC-02	5:02.28	Mark Drennen	SWIM-03	10:25.96	Wm Hempel	SPM-03	17:22.07	Mark Drennen	SWIM-03									
50-54	23.16	Jeff Perout	GSC-03	50.68	Jeff Perout	GSC-03	1:52.08	Jeff Perout	GSC-03	5:14.22	Rick Walker	SWIM-01	10:45.85	Rick Walker	SWIM-01	18:06.88	Rick Walker	SWIM-01									
55-59	24.15	G Woodsum	ATAC-02	53.39	G Woodsum	ATAC-02	2:02.93	Burwell Jones	HLJ-88	5:32.17	Burwell Jones	HLJ-88	11:26.99	Burwell Jones	HLJ-90	19:02.45	Burwell Jones	HLJ-88									
60-64	26.49	Jack Beattie	ORLM-96	59.02	G Hopkins	FMM-03	2:08.54	G Hopkins	FMM-03	5:55.18	G Hopkins	FMM-03	12:11.97	G Hopkins	FMM-03	23:19.27	Robert Beach	SPM-92									
65-69	26.83	Dren Geer	SWIM-99	59.08	Dren Geer	SWIM-99	2:14.07	Dren Geer	SWIM-99	6:01.34	Burwell Jones	SWIM-03	14:08.13	James Zurcher	ORLM-03	23:26.26	B Hutchinson	SWIM-99									
70-74	28.18	Paul Hutinger	SPM-96	1:05.42	Donald Sonia	IRCC-03	2:12.83	Burwell Jones	SWIM-03	5:59.81	Burwell Jones	SWIM-03	12:50.38	Burwell Jones	SWIM-03	20:34.19	Burwell Jones	SWIM-03									
75-79	29.08	Paul Hutinger	FMM-00	1:13.93	Thomas Smith	SPM-03	2:47.76	Robert Blake	FMM-03	7:56.53	Paul Hutinger	FMM-00	17:17.69	Thomas Smith	SPM-03	27:36.85	Paul Hutinger	FMM-01									
80-84	33.82	Rogers Holmes	HLJ-03	1:23.73	B Cleaveland	FMM-02	3:12.98	B Cleaveland	ORLM-98	9:57.55	William Molloy	SPM-91	20:16.66	J Johnston	SPM-96	33:32.30	J Johnston	SPM-96									
85-89	37.16	B Cleaveland	FMM-03	1:30.38	B Cleaveland	FMM-03	3:37.29	C Lindstrand	UNA-97	10:46.05	Fred Walbolt	SPM-98	22:00.26	D Malbrough	FMM-99	37:03.22	D Malbrough	FMM-99									
90-94	52.75	Peter Jurczyk	IRCC-96	2:15.10	Peter Jurczyk	IRCC-97	5:00.07	Peter Jurczyk	IRCC-97																		
95-99																											
50 BACK				100 BACK				200 BACK				50 BREAST				100 BREAST				200 BREAST							
19-24	24.37	C Stevenson	FAST-88	53.24	James Smith	UNA-94	1:58.19	N-Kuan Chia	BRAT-99	28.38	Doug Soltis	TBR-87	1:00.26	Marc LaPalme	HLJ-89	2:16.04	Marc LaPalme	HLJ-89									
25-29	23.56	Coy Cobb	FHA-91	51.00	Coy Cobb	FHA-91	1:54.57	S Barnicoat	ORLM-89	26.18	Doug Soltis	TBR-88	56.94	Doug Soltis	TBR-88	2:03.69	Doug Soltis	TBR-88									
30-34	23.18	Martin Zubero	ORLM-02	52.00	Martin Zubero	UNA-03	1:48.64	Martin Zubero	ORLM-02	26.71	Miltenberger	NFM-83	59.44	Miltenberger	NFM-82	2:12.05	Michael Drews	SMS-88									
35-39	24.16	Wm Specht	SPM-93	51.96	Wm Specht	SPM-93	1:53.46	Wm Specht	SPM-93	27.05	Miltenberger	ORLM-87	59.11	Miltenberger	ORLM-87	2:10.90	Michael Drews	SMS-89									
40-44	24.57	Wm Specht	SPM-98	52.76	Wm Specht	SPM-98	1:54.01	Wm Specht	SPM-98	27.45	Miltenberger	ORLM-92	59.40	Miltenberger	ORLM-93	2:15.88	Miltenberger	ORLM-94									
45-49	25.63	Casey Clafin	SWIM-00	54.24	Wm Specht	SPM-03	1:59.30	Wm Specht	SPM-03	29.34	Miltenberger	ORLM-98	1:02.48	Miltenberger	ORLM-99	2:24.41	Mark Drennen	SWIM-03									
50-54	27.32	John Smith	HLJ-91	59.46	Jeff Perout	GSC-03	2:08.59	Jeff Perout	GSC-03	29.09	Miltenberger	ORLM-02	1:02.51	Miltenberger	ORLM-02	2:32.03	John McCall	ORLM-03									
55-59	29.38	Jack Beattie	HLJ-91	1:04.60	Jack Beattie	HLJ-90	2:20.58	Burwell Jones	SSC-88	30.64	Scott Guthrie	UNA-00	1:08.73	Scott Guthrie	UNA-00	2:40.48	VanDerVeen	SPM-00									
60-64	30.43	Jack Beattie	ORLM-95	1:05.59	Jack Beattie	ORLM-95	2:27.41	Jerry Glancy	ORLM-98	33.78	D Puchalski	CATM-02	1:14.27	D Puchalski	CATM-02	2:49.76	D Puchalski	CATM-02									
65-69	31.26	Paul Hutinger	SPM-93	1:08.07	Burwell Jones	SWIM-03	2:29.38	Burwell Jones	SWIM-03	36.03	T Koenig	OMSC-98	1:19.01	R MacDonald	SPM-95	2:56.44	R MacDonald	SPM-95									
70-74	31.84	Paul Hutinger	SPM-95	1:07.88	Burwell Jones	SWIM-03	2:28.11	Burwell Jones	SWIM-03	37.01	R MacDonald	FMM-99	1:22.45	R MacDonald	FMM-99	3:03.62	R MacDonald	FMM-99									
75-79	33.76	Paul Hutinger	FMM-00	1:16.94	Paul Hutinger	FMM-00	2:50.47	Paul Hutinger	FMM-00	39.88	Paul Hutinger	FMM-00	1:31.95	Russ Witte	SPCO-95	3:25.60	Russ Witte	SPCO-94									
80-84	42.67	Rogers Holmes	HLJ-03	1:38.98	Rogers Holmes	HLJ-03	3:57.50	C Thornburg	HLJ-94	41.37	Wm Molloy	SPM-91	1:43.26	B Cleaveland	ORLM-98	4:02.31	B Cleaveland	ORLM-98									
85-89	46.69	D Malbrough	FMM-98	1:46.68	D Malbrough	FMM-98	4:20.18	D Malbrough	FMM-99	49.56	B Cleaveland	FMM-03	1:59.13	B Cleaveland	FMM-03	4:43.07	B Cleaveland	FMM-03									
90-94	1:01.71	Peter Jurczyk	IRCC-97	2:17.30	Peter Jurczyk	IRCC-96	5:00.74	Peter Jurczyk	IRCC-96	1:20.11	Frank Starr	FMM-00	3:20.59	Frank Starr	FMM-00												
95-99																											
50 FLY				100 FLY				200 FLY				100 IM				200 IM				400 IM							
19-24	23.36	C Stevenson	FAST-89	50.79	N-Kuan Chia	BRAT-99	1:53.38	C Stevenson	FAST-89	55.62	Chris McKee	ORLM-02	1:59.91	J Thomas	SWIM-95	4:26.56	S Kupiszewski	85									
25-29	22.27	Coy Cobb	FHA-91	51.13	C Stevenson	HLJ-92	1:52.20	C Stevenson	FAM-91	52.32	Coy Cobb	FHA-91	1:58.56	S Barnicoat	ORLM-89	4:18.67	E Christensen	OVMS-02									
30-34	23.06	Martin Zubero	UNA-03	51.06	Wm Specht	SPM-91	1:54.32	Wm Specht	SPM-91	51.43	Martin Zubero	ORLM-02	1:55.80	Neil Harper	SPM-95	4:17.58	Michael Drews	SMS-88									
35-39	22.93	Wm Specht	SPM-93	50.08	Wm Specht	SPM-95	1:51.38	Wm Specht	SPM-95	54.22	Michael Drews	SMS-91	1:57.44	Michael Drews	SMS-91	4:17.23	Michael Drews	SMS-89									
40-44	23.28	Wm Specht	SPM-98	50.56	Wm Specht	SPM-00	1:51.69	Wm Specht	SPM-00	56.20	M Shepardson	ORLM-02	2:03.47	M Shepardson	ORLM-02	4:28.12	Wm Specht	SPM-03									
45-49	23.48	Wm Specht	SPM-03	51.91	Wm Specht	SPM-03	1:52.67	Wm Specht	SPM-03	57.38	Michael Scott	TBAC-03	2:09.26	Casey Clafin	SWIM-02	4:37.87	Mark Drennen	SWIM-03									
50-54	25.01	John McCall	ORLM-03	54.66	John McCall	ORLM-03	2:12.61	John McCall	ORLM-02	59.83	Jeff Perout	GSC-03	2:11.70	Jeff Perout	GSC-03	4:39.90	John McCall	ORLM-03									
55-59	28.07	George Brick	TBAC-03	1:03.90	K McWherter	SWIM-01	2:31.84	K McWherter	SWIM-01	1:03.11	Burwell Jones	SSC-88	2:17.88	Burwell Jones	SSC-88	5:03.72	Burwell Jones	SSC-88									
60-64	29.59	D Pulchalski	CATM-02	1:11.79	T Smith	SPM-88	2:58.23	Dren Geer	SWIM-98	1:08.26	Burwell Jones	HLJ-97	2:30.26	Jack Beattie	ORLM-95	5:45.33	D Pulchalski	CATM-02									
65-69	29.79	Paul Hutinger	SPM-93	1:10.97	Burwell Jones	SWIM-03	2:51.23	Dren Geer	SWIM-99	1:11.39	Paul Hutinger	SPM-93	2:34.96	Burwell Jones	SWIM-03	5:42.67	Burwell Jones	SWIM-03									
70-74	31.51	Paul Hutinger	SPM-95	1:22.73	T Smith	SPM-98	3:15.41	H Moseley	HLJ-89	1:08.14	Burwell Jones	SWIM-03	2:32.54	Burwell Jones	SWIM-03	5:34.47	Burwell Jones	SWIM-03									
75-79	33.84	Paul Hutinger	FMM-00	1:33.53	J Kurtzman	FMM-01	3:44.65	J Kurtzman	FMM-01	1:19.84	Paul Hutinger	FMM-00	3:06.95	Thomas Smith	SPM-03	7:13.59	Paul Hutinger	FMM-01									
80-84	43.27	Rogers Holmes	HLJ-03	1:47.17	Wm Grant	HLJ-94	4:35.21	Bill Stinson	SPM-89	1:38.60	Wm Grant	HLJ-94	4:07.09	D McCullough	ORLM-98	9:00.55	C Thornberg	HLJ-93									
85-89	1:07.20	D McCullough	FMM-01	3:09.60	D McCullough	FMM-02	6:23.89	D McCullough	FMM-02	2:22.27	Peter Jurczyk	IRCC-92	5:21.38	D McCullough	FMM-01	11:07.43	D McCullough	FMM-01									
90-94	1:35.70	Peter Jurczyk	IRCC-96							2:37.44	Peter Jurczyk	IRCC-96	6:05.72	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 RECORDS

## Short Course Yards (As of 5/31/03)

### W O M E N

		50 FREE		100 FREE		200 FREE		500 FREE		1000 FREE		1650 FREE						
19-24	23.97	Sudi Miller	HLJ-91	52.08	Sudi Miller	HLJ-91	1:57.13	Tanya Felton	LCAM-01	5:21.59	Maureen Jones	SMS-86	11:13.60	Maureen Jones	SMS-86	18:27.14	Maureen Jones	SMS-86
25-29	24.27	Mary Holmes	HLJ-88	53.52	R Seaman	HLJ-86	1:52.85	Mary Holmes	HLJ-86	4:59.52	Mary Holmes	HLJ-88	10:32.45	Mary Holmes	HLJ-88	18:11.49	Mary Roebuck	HLJ-90
30-34	24.89	L Dissington	SWIM-99	51.30	R Seaman	HLJ-88	1:58.51	C Petersen	SPM-99	5:08.68	Mary Roebuck	HLJ-92	10:40.67	Mary Roebuck	HLJ-92	18:13.85	Mary Roebuck	HLJ-94
35-39	25.04	C Petersen	SPM-02	52.24	S Halfacre	HLJ-88	1:52.79	S Halfacre	HLJ-88	5:01.04	S Halfacre	HLJ-88	10:28.01	C Petersen	SPM-02	17:15.23	S Halfacre	HLJ-95
40-44	25.00	Martha Martin	ORLM-89	55.18	C Shonkwiler	ORLM-02	2:02.45	C Shonkwiler	ORLM-01	5:29.30	S Halfacre	HLJ-95	11:26.41	S Halfacre	HLJ-95	18:59.11	S Halfacre	HLJ-95
45-49	26.81	Susan Halfacre	GSC-02	58.14	S Halfacre	GSC-02	2:06.69	S Halfacre	GSC-02	5:43.43	S Halfacre	GSC-02	12:12.76	Jean Bancks	HLJ-03	20:32.86	Jo Harrelson	SPM-02
50-54	27.51	Susan Halfacre	GSC-03	58.32	S Halfacre	GSC-02	2:06.29	S Halfacre	GSC-02	5:46.76	S Halfacre	GSC-02	12:18.61	Susan Halfacre	GSC-03	22:35.15	Pam Geiger	SPM-03
55-59	29.92	Jayne Lambke	SPM-95	1:06.01	Jayne Lambke	SPM-95	2:29.62	Jayne Lambke	SPM-97	6:43.48	Jayne Lambke	SPM-97	14:06.55	Jayne Lambke	SPM-97	23:19.97	E Bromwich	SPM-98
60-64	30.66	Jayne Lambke	SPM-00	1:11.09	Jayne Lambke	SPM-00	2:38.19	Jayne Lambke	SPM-00	7:18.76	Peg Morrison	SPM-00	15:44.05	E Bromwich	SPM-03	25:49.50	E Bromwich	SPM-03
65-69	33.68	Florence Carr	HLJ-93	1:14.98	Florence Carr	HLJ-93	2:46.97	Florence Carr	HLJ-91	7:38.82	Florence Carr	SPM-94	15:33.39	Patricia Bond	FMM-03	26:14.77	Florence Carr	HLJ-92
70-74	33.67	Florence Carr	SPM-96	1:16.93	Jean Troy	FMM-00	2:49.08	Jean Troy	FMM-99	7:40.13	Jean Troy	FMM-00	16:09.98	Jean Troy	FMM-99	27:48.45	J Campbell	CATM-00
75-79	34.10	Florence Carr	FMM-02	1:19.38	Florence Carr	FMM-01	2:55.51	Jean Troy	FMM-03	8:09.02	Jean Troy	FMM-03	18:48.75	Florence Carr	FMM-01	33:14.90	Ruth Switzer	SMS-84
80-84	40.10	B Cederlund	SPCO-03	1:32.03	B Cederlund	SPCO-03	3:23.44	B Cederlund	SPCO-02	9:23.49	B Cederlund	SPCO-02	19:00.68	B Cederlund	SPCO-03	37:46.00	Kay Schimpf	SPM-98
85-89	58.20	N O'Connell	SPCO-02	2:10.98	N O'Connell	SPCO-02	4:43.27	N O'Connell	SPCO-02	12:38.91	Kay Schimpf	FMM-03	26:19.94	Kay Schimpf	FMM-03	44:38.55	Kay Schimpf	FMM-03
90-94																		
95-99																		
		50 BACK		100 BACK		200 BACK		50 BREAST		100 BREAST		200 BREAST						
19-24	28.89	Sudi Miller	HLJ-91	1:01.74	Mary Wayte	HLJ-90	2:15.05	Dawn Braciak	SPM-87	33.13	Sudi Miller	HLJ-91	1:09.75	Sudi Miller	HLJ-91	2:35.85	A Pagon	SPCO-00
25-29	28.30	Michelle Falls	83	58.95	Tanya Lane	SPM-98	2:04.69	Tanya Lane	SPM-98	31.69	Danice Eaton	SPM-98	1:09.43	Danice Eaton	SPM-98	2:25.35	Tanya Lane	SPM-98
30-34	28.88	V Richardson	IRCC-97	1:02.95	V Richardson	IRCC-97	2:13.72	V Richardson	IRCC-97	29.84	R Seaman	ORLM-89	1:05.05	R Seaman	HLJ-88	2:33.45	Maud Orlando	DSMC-96
35-39	29.08	C Shonkwiler	ORLM-97	1:04.39	C Petersen	SPM-02	2:14.51	C Petersen	SPM-02	32.05	L Dissington	SWIM-03	1:09.87	R Seaman	ORLM-95	2:33.16	Beverly Lense	ORLM-01
40-44	30.14	C Shonkwiler	ORLM-02	1:06.27	C Shonkwiler	ORLM-02	2:25.69	J Stefanick	SPM-92	32.36	R Seaman	ORLM-98	1:11.37	R Seaman	ORLM-98	2:38.69	J Siragusa	HLJ-03
45-49	31.31	S Halfacre	GSC-02	1:09.66	S Halfacre	GSC-02	2:37.12	P McDonnell	IRCC-01	35.39	Deb Walker	SWIM-97	1:16.53	E Bromwich	SPM-89	2:47.43	Deb Walker	SWIM-98
50-54	30.62	S Halfacre	GSC-02	1:07.18	S Halfacre	GSC-02	2:37.48	Deb Walker	SWIM-02	35.16	Deb Walker	SWIM-03	1:16.13	Deb Walker	SWIM-03	2:45.07	Deb Walker	SWIM-03
55-59	37.31	Chris Gilligan	SWIM-02	1:19.56	Lynn Cartee	SWIM-03	2:53.13	Lynn Cartee	SWIM-03	36.86	E Bromwich	SPM-98	1:21.90	E Bromwich	SPM-98	2:55.47	E Bromwich	SPM-98
60-64	39.88	Jayne Lambke	SPM-00	1:29.92	Patricia Bond	FMM-02	3:10.35	Patricia Bond	FMM-02	38.33	E Bromwich	SPM-03	1:25.03	E Bromwich	SPM-03	3:06.40	E Bromwich	SPM-03
65-69	41.34	B Cederlund	SPCO-90	1:28.53	Patricia Bond	FMM-03	3:07.31	Patricia Bond	FMM-03	41.75	Sylvia Eisele	SWIM-95	1:34.39	Sylvia Eisele	SWIM-95	3:26.39	Sylvia Eisele	SWIM-96
70-74	41.79	B Cederlund	SPCO-96	1:35.78	B Cederlund	SPCO-92	3:35.76	B Cederlund	SPCO-94	43.22	Sylvia Eisele	SWIM-00	1:38.32	Sylvia Eisele	SWIM-00	3:32.03	Sylvia Eisele	SWIM-00
75-79	42.92	B Cederlund	SPCO-97	1:39.04	B Cederlund	SPCO-01	3:29.83	Regan Kenner	FMM-99	48.53	Gertrud Zint	HLJ-93	1:49.55	Gertrud Zint	HLJ-93	3:59.23	Regan Kenner	FMM-99
80-84	43.81	B Cederlund	SPCO-02	1:39.35	B Cederlund	SPCO-02	3:41.49	B Cederlund	SPCO-02	59.02	Helmi Meise	BSAM-93	2:14.34	Kay Schimpf	SPM-98	4:55.48	Kay Schimpf	SPM-98
85-89	1:05.55	Gertrud Zint	FMM-03	2:28.29	Gertrud Zint	FMM-03	5:09.32	Gertrud Zint	FMM-03	1:01.66	Gertrud Zint	FMM-03	2:31.39	Gertrud Zint	FMM-03	5:29.80	Gertrud Zint	FMM-03
90-94				3:29.20	M McKechnie	SPM-95												
95-99																		
		50 FLY		100 FLY		200 FLY		100 IM		200 IM		400 IM						
19-24	26.59	Sudi Miller	HLJ-91	57.39	Sudi Miller	HLJ-91	2:22.20	Meg Bell	SPM-86	59.21	Sudi Miller	HLJ-91	2:08.74	Sudi Miller	HLJ-91	4:45.59	A Pagon	SPCO-99
25-29	26.47	R Seaman	HLJ-86	57.92	R Seaman	HLJ-86	2:06.50	L Welting	FAM-91	1:00.34	Tanya Lane	SPM-98	2:09.13	Tanya Lane	SPM-98	4:42.75	L Welting	FAM-99
30-34	25.62	R Seaman	ORLM-89	55.68	R Seaman	ORLM-89	2:14.76	Karen Becker	CVST-02	58.78	R Seaman	ORLM-89	2:14.57	V Richardson	IRCC-97	4:50.39	Linda Visser	ORLM-01
35-39	26.99	R Seaman	ORLM-95	56.90	S Halfacre	HLJ-89	2:19.07	Karen Becker	TBAC-03	1:00.22	S Halfacre	HLJ-88	2:13.65	C Petersen	SPM-02	4:47.41	S Halfacre	HLJ-88
40-44	27.67	R Seaman	ORLM-98	1:01.62	R Seaman	ORLM-98	2:37.84	J Stefanick	SPM-92	1:04.30	Martha Martin	ORLM-89	2:23.58	R Seaman	ORLM-98	5:25.13	J Stefanick	SPM-92
45-49	29.17	S Halfacre	GSC-02	1:05.52	C-Ann Hudson	LCAM-03	2:45.66	Jo Harrelson	SPM-01	1:08.04	S Halfacre	GSC-02	2:36.35	P McDonnell	IRCC-01	5:29.52	Jo Harrelson	SPM-02
50-54	29.29	S Halfacre	GSC-02	1:16.18	Jayne Lambke	SPM-90	3:01.95	E Bromwich	SPM-95	1:12.35	Deb Walker	SWIM-03	2:46.98	Lynn Cartee	SWIM-99	6:00.68	E Bromwich	SPM-93
55-59	33.94	Jayne Lambke	SPM-95	1:19.67	Jayne Lambke	SPM-95	3:08.00	Jayne Lambke	SPM-95	1:19.07	S Buckingham	SWIM-03	2:55.57	S Buckingham	SWIM-03	6:07.40	E Bromwich	SPM-98
60-64	35.35	Jayne Lambke	SPM-00	1:25.59	Jayne Lambke	SPM-00	3:31.67	Sylvia Eisele	SWIM-91	1:23.36	Jayne Lambke	SPM-00	3:08.63	Jayne Lambke	SPM-00	6:44.53	Jayne Lambke	SPM-00
65-69	35.56	Florence Carr	HLJ-93	1:36.85	Florence Carr	HLJ-91	3:38.17	Sylvia Eisele	SWIM-97	1:27.67	Florence Carr	HLJ-91	3:12.65	Florence Carr	SPM-94	7:07.78	Florence Carr	HLJ-93
70-74	40.85	Florence Carr	SPM-97	1:39.75	Jean Troy	FMM-00	3:41.99	Sylvia Eisele	SWIM-00	1:29.37	Florence Carr	SPM-95	3:23.52	Florence Carr	SPM-97	7:32.16	Sylvia Eisele	SWIM-00
75-79	43.24	Florence Carr	FMM-02	1:48.66	Gertrud Zint	HLJ-94	4:10.07	Gertrud Zint	HLJ-94	1:34.37	Florence Carr	FMM-02	3:36.23	Jean Troy	FMM-03	7:49.67	Jean Troy	FMM-03
80-84	58.43	June Reynolds	FMM-03	2:18.64	Kay Schimpf	SPM-98	5:10.35	June Reynolds	FMM-02	2:01.48	June Reynolds	FMM-02	4:34.03	June Reynolds	FMM-02	9:55.23	Kay Schimpf	SPM-98
85-89	1:24.33	Gertrud Zint	FMM-03	2:24.92	Gertrud Zint	FMM-03	13:17.96	Sally Scott	HLJ-96	2:24.92	Gertrud Zint	FMM-03	5:37.49	Gertrud Zint	FMM-03	12:18.83	Gertrud Zint	FMM-03
90-94																		
95-99																		

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# FLORIDA LMSC RELAY RECORDS

## Short Course Yards (As of 5/31/03)

	200 FREE-WOMEN	200 MEDLEY-WOMEN	400 FREE-WOMEN	400 MEDLEY-WOMEN	800 FREE-WOMEN
19+	1:38.68 Beattie, Roebuck, Nearly, Miller HLJ-92	1:59.11 Trompke, Alger Williamsen, Petersen SPM-03	5:10.87 Turner, McDonnell Powers, Amman IRCC-01	5:48.38 Amman, Gaines Kelsey, Chandler IRCC-01	9:09.41 Swanson, Flanagan Beebe, Petersen SPM-01
25+	1:41.77 Keller, Seaman Cretin, Martin ORLM-91	1:54.27 Keller, Seaman Cretin, Martin ORLM-91	4:23.83 Morse, Williams Grubbs, Sadler BRAT-96	6:25.45 Gerard, Sterling Schwab, Butcher DBMS-03	9:25.32 Bigge, Harrelson Swanson, Summers SPM-97
35+	1:46.81 Harper, Halfacre Matson, White HLJ-89	1:58.55 Tibma, Orlando, Shonkwiler, Nauta SPM-98	4:52.26 Lambke, Barker Voorst, Geiger SPM-91	4:54.38 Flanagan, Orlando, Stott, Tibma SPM-99	8:54.93 Tibma, Flanagan, Orlando, Nauta SPM-98
45+	2:08.39 Lambke, Bromwich, Treat, Page SPM-94	2:24.10 St Germain, Page, Treat, VanEvery SPM-95	5:41.70 Hoier, Franson Kinley, Kelsey IRCC-01	5:53.47 Bromwich, Piper, Lambke, Steer SPM-95	12:23.32 Brownstein, Sinsic Steer, Bromwich SPM-93
55+	2:19.56 Lambke, VanEvery Steer, Carr SPM-96	2:44.34 Allen, Steer, Lambke, Carr SPM-98	5:39.94 Bromwich, Steer Piper, Lambke SPM-00	6:18.50 Bromwich, Piper Lambke, Steer SPM-00	12:10.27 Knight-Perry, Lee, Steer, Lambke SPM-97
65+	2:28.50 Bond, M Homans Carr, Tullman FMM-03	2:57.46 Bond, Prokopi Carr, M Homans FMM-03			
75+	3:37.40 McKechnie, Cichanski Kennedy, Schimpf SPM-93	4:12.53 Hughes, Zint Olsen, Reynolds FMM-02		10:03.90 McKechnie, Kennedy, Cichanski, Schimpf SPM-94	19:16.91 McKechnie, Kennedy, Cichanski, Schimpf SPM-94
85+					
	200 FREE-MEN	200 MEDLEY-MEN	400 FREE-MEN	400 MEDLEY-MEN	800 FREE-MEN
19+	1:31.92 Mina, Allen, Stelle, Walker JAM-95	1:42.95 Guyot, Hoffman, Barton, Eaton SPM-97			
25+	1:25.57 Eaton, Barton, Specht, Halfast SPM-98	1:37.69 Specht, Eaton, Barton, Halfast SPM-98			
35+	1:27.08 Martin, Stein Perout, Abrahams HLJ-91	1:44.39 Stout, Galloway Collins, Halfast SPM-03	4:32.27 Turner, Marcy Bell, Delgado SPCO-01	4:17.47 Atkins, V Der Veen Haltunen, Maguire SPM-92	9:50.45 Eaddy, Kennedy Day, Euler SPM-01
45+	1:33.11 Frazier, Kennedy Hempel, Allbritton SPM-03	1:45.14 Clafin, Walker McCormack, Hefner SWIM-02	4:27.68 Betzer, Day Eaddy, Davis SPM-00	4:49.86 Betzer, Burns, Grau, Bishop SPM-91	8:41.63 Stephens, Bastie, Auer, Kennedy SPM-97
55+	1:50.87 Cunney, MacDonald, Cousins, Thomas SMS-84	2:01.02 Beattie, Koenig Mahaffy, Sears HLJ-91	4:22.40 Burns, Kohnken DeGroot, Smith SPM-91	6:01.41 Ferris, Brainin Kohnken, DeGroot SPM-91	10:45.99 Ferris, Kohnken DeGroot, Burns SPM-91
65+	1:58.00 MacDonald, Ferris, Smith, Hutinger SPM-96	2:16.03 Hutinger, Smith, Maloney, Ferris SPM-96	5:42.84 Jacobsen, Atwood Molvie, Johnston SPM-91	5:03.76 Hutinger, MacDonald Torsney, Smith SPM-96	11:49.02 Maloney, Hutinger, Kurtzman, MDonald FMM-97
75+	2:26.82 Grant, Mackey Tillotson, Dunworth HLJ-91	2:50.76 Mackey, Tillotson Grant, Dunworth HLJ-91	6:02.78 Johnston, Tillotson, Hotvedt, Molloy SPM-91	6:55.93 Tillotson, Molloy, Johnston, Hotvedt SPM-92	13:46.24 Malloy, Tillotson, Hotvedt, Walbolt SPM-90
85+	3:49.58 Malbrough, Starr Tillotson, Holden FMM-00	4:54.41 Malbrough, Starr Tillotson, Holden FMM-00			
	200 FREE-MIXED	200 MEDLEY-MIXED	400 FREE-MIXED	400 MEDLEY-MIXED	800 FREE-MIXED
19+	1:31.65 Miller, Smith Wayte, Abrahams HLJ-91	1:43.03 Wayte, LaPalme Miller, Abrahams HLJ-91	3:45.10 O'Brien, Petersen Williamsen, Galloway SPM-03	4:04.95 Constantini, Sollee Wise, Wise TEAM-93	
25+	1:34.83 A Eaton, D Eaton, Nauta, Halfast SPM-98	1:42.69 Lane, D Eaton, Barton, A Eaton SPM-98	4:11.04 Brower, Kyle Swanson, Leadbetter SPM-91	4:59.70 Phillip, Schutzmeister Karouani, Collins OVMS-03	9:00.28 Haltunen, M Lambke Stauch, Reilly SPM-91
35+	1:37.01 Perout, Harper Halfacre, Martin HLJ-91	1:46.82 Buresh, Orlando, Specht, Shonkwiler SPM-98	4:10.03 Burke, Orlando Davis, Conolly SPM-03	5:33.40 Betzer, J Piper, Lambke, Lado SPM-99	10:03.62 Barker, Betzer Grau, Lambke SPM-91
45+	1:49.91 Page, Bromwich, Maguire, Edwards SPM-95	1:58.19 Clafin, D Walker McCormack, Gilligan SWIM-02	4:50.92 Grau, J Piper Lambke, Betzer SPM-91	5:06.50 Betzer, Bromwich Lambke, Bishop SPM-91	
55+	2:02.43 Redic, Buckingham Gilligan, Soderstrom SWIM-02	2:18.23 Betzer, V Der Veen Lambke, Bromwich SPM-00	5:24.09 Ferris, Tucker, Knight-Perry, Burns SPM-92	5:34.52 Allen, Tucker, Burns, Ferris SPM-92	11:45.66 Tucker, Allen Kohken, Burns SPM-91
65+	2:22.23 Avery, Reynolds, Holmes, Carr HLJ-93	2:31.60 P Hutinger, Smith, McEwan, Carr SPM-96	6:49.72 Cederlund, Sinacore Thomas, Sigersmith SPCO-01	7:30.89 Cederlund, Robecki Thomas, Sinacore SPCO-01	
75+	2:35.78 Kenner, P Hutinger Carr, Cleveland FMM-01	3:27.14 Cichanski, Schimpf, Johnston, Hotvedt SPM-93			16:04.30 Mitchell, C Ballard W Kennedy, Walbolt SPM-89
85+					

When you compete outside the FL LMSC and want your times included for records and the Top 5, 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 CONSOLIDATED ENTRY CARD

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

Birthday \_\_\_/\_\_\_/\_\_\_ \*Age \_\_\_\_\_ \*your age for SCY is the last day of meet; your age for LCM and SCM is your age on December 31

Club \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ e-mail \_\_\_\_\_

Event No.	FREE (seed time)	Event no.	BACK (seed time)	Event no.	BREAST (seed time)	Event no.	FLY (seed time)	Event no.	IM (seed time)	
_____	50	_____	50	_____	50	_____	50	_____	100	
_____	100	_____	100	_____	100	_____	100	_____	200	
_____	200	_____	200	_____	200	_____	200	_____	400	
_____	400/500	MEET: _____ LOCATION: _____ DATE: _____					Office Use Only Amt. Rec'd _____ Date _____			
_____	800/1000	<b>Attach the entry form tab from the bottom of the information page in the space below!</b>								
_____	1500/1650	Read the information sheet carefully. Make your check payable as shown on the information sheet and mail it to the address shown there. All Masters swimmers may be asked to show their USMS cards, if requested, at the meet. Incomplete entries (no fee, no copy of USMS card, incomplete entry card) or late entries (post-marked/received after the deadline) <b>MAY BE REJECTED!</b> No time (NT) entries will <b>NOT BE ACCEPTED!</b>								

**Signature on this form is REQUIRED! Be sure a copy of your USMS card is attached below!**

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

PLEASE SIGN AND DATE \_\_\_\_\_

Complete and detach the entry form tab from the information page and tape it in this box

Be sure that a copy of your current USMS registration card is attached to the entry form tab!

# FLORIDA

Florida Masters Swimming Committee, Inc.

Patricia Tullman

5432 Twin Creeks Drive

Valrico, FL 33594

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PAUL HUTINGER

1755 GEORGIA AVE NE

SAINT PETERSBURG FL 33703-4320



## ASK THE SWIM DOCTOR

**Question:** Recently, I was in an auto accident and had multiple broken bones in my legs. I haven't been able to get into the water for three months. What suggestions do you have for getting back into training for competition?

**Answer:** I've had similar questions regarding rehab from surgery, injuries and long-term illnesses. All involve special planning and the rethinking of your goals and objectives. You must realize that your early performances will not be close to what you had accomplished previous to your accident.

Depending on the severity of your injury, just being able to swim easy 25's is a major accomplishment. Working up to one half the distance of your usual workout is another big step. This is an excellent opportunity to concentrate on technique, rather than yardage. Instead of using the pace clock for intervals, just swim your events. In order for you to have a sense of accomplishment and the patience to survive training and competition with your limited performance, I encourage you to establish new Personal Records (PR's). These are your best times, not only for competition, but also in your training--best sets, swimming other strokes, etc. These PR's (After Accident (AA), After Surgery (AS), After Whatever (AW) will give you a reason to go to practice or to a meet. I consider these technique swims. If you can't swim fast, you can at least look good!

On June 2, I had surgery, and was in the hospital for four days. During this time, my Hematocrits dropped from a high of 14.5 to a low of 11, due to loss of blood. I don't expect a return to higher levels for several months. Almost four weeks after surgery, I competed at the Sarasota meet. My 100 m back, 1:43 and 200 m back, 3:52 were slow times for me. Two weeks later, I swam in St Pete. I improved my PR's AS in the 100 to 1:39 and in the 200 to 3:46. Neither times are what I'm working towards when I age up next year, but I was pleased that they were both faster than last year, following my stroke and bacterial infection.



continued inside after TBAC NEWS