

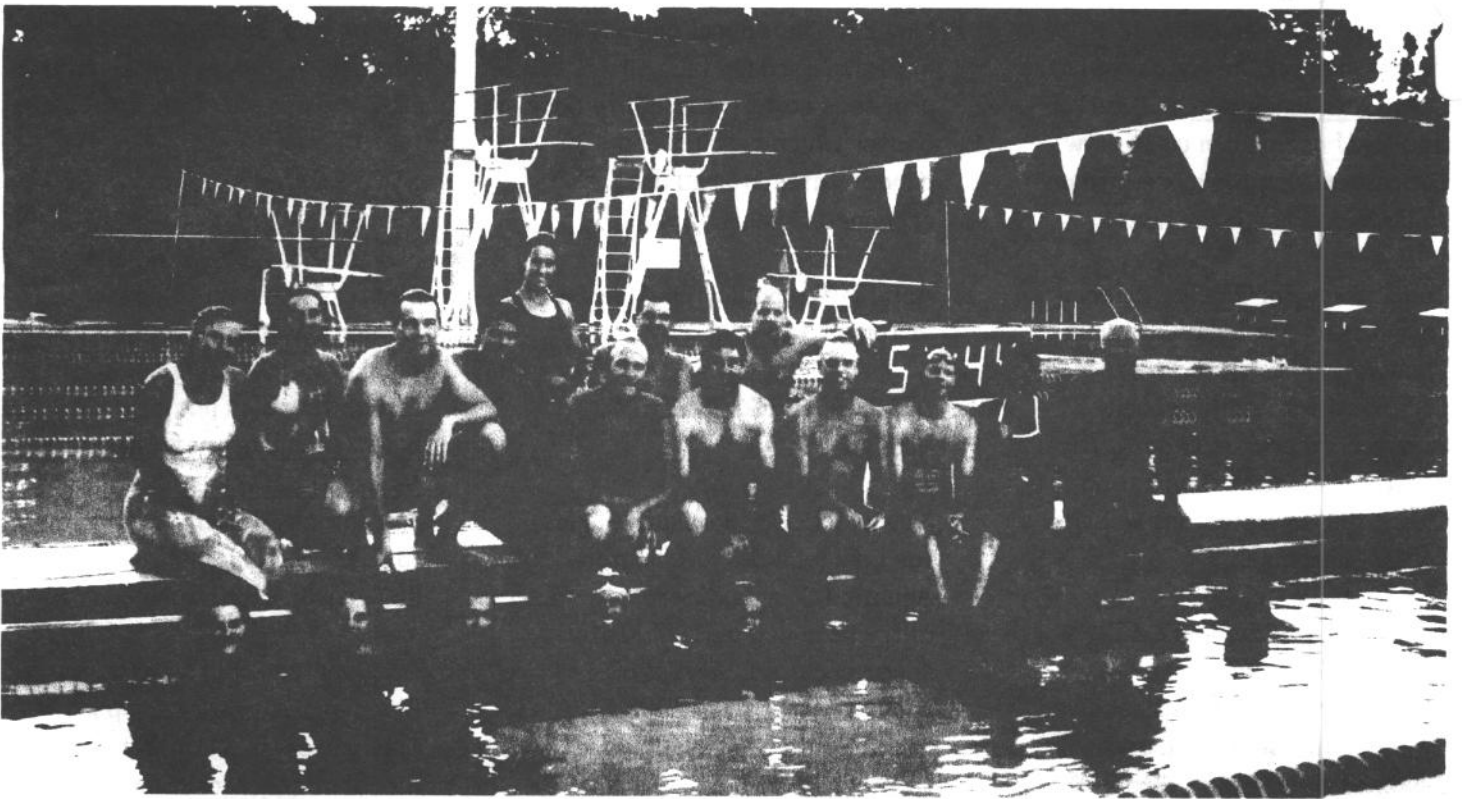
# FLÖRIDA

Local Masters Swimming Committee, Inc.

## NEWSLETTER

Vol. XX, No. 4

Nov 03 - Jan 04



### WHAT'S INSIDE?

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Meet Entry Forms \* 2003 Awards Banquet  
and much, much more...

## CALENDAR OF EVENTS

### POOL EVENTS

Nov 8-9 / SCM: SWIM FL Invitational, Ft. Myers, FL. Entries received by 11-1. Info sheet enclosed.

Dec 6-7 / SCM: Dixie Zone SCM Championship in Marietta, GA. Entries received by 11-22. Info sheet enclosed.

Dec 6-7 / SCM: Coral Springs Holiday Classics in Coral Springs, FL. Entries received by 12-2. Event Director Chris Jackson at [chela@devanney.com](mailto:chela@devanney.com) or (954) 345-2121 or you can go to [www.fgcmasters.org](http://www.fgcmasters.org) for more info or to download the info sheet.

Jan 1: Swim for Pinellas Special Olympics at the Long Center in Clearwater, FL hosted by the CAT Masters. All personally volunteered proceeds go to the above mentioned organization. Check the CAT Masters website for more info.

Feb 14-15 / SCY: The CAT Masters Valentine's Meet in Clearwater, FL. Entries received by 2-6. Info sheet enclosed. Followed by the 3<sup>rd</sup> Annual FL LMSC Awards Banquet on Saturday.

Feb 21-22 / SCY: Florida Masters Challenge in Ft. Lauderdale, FL.

Mar 26-28 / SCY: St. Pete Masters SCY Championships in St. Petersburg, FL.

Mar 27-28 / SCY: Dixie Zone SCY Championships in Brentwood, TN.

### OPEN WATER

Nov 8: Bonaire Eco Swim in Bonaire, Netherlands Antilles. Entries received by 10-25.

Nov 23: The Animal Swim (1 mile) in Ft. Lauderdale, FL. All proceeds go to the Wildlife Care Center which rescues and rehabilitates injured and orphaned animals.

Apr 17: Tampa Bay 24-Mile Swim in Tampa, FL.

### SENIOR "RECOGNIZED" MEETS

Nov 21 / LCM: Sarasota Games for Life (age 50+), Arlington Aquatics Complex, Sarasota, FL. Entry received by 11-7. Info sheet enclosed. This is a qualifying meet for 2003 FL State Senior Games and is USMS-sanctioned.

Dec 4-5 / SCY: 2003 FL State Senior Games (for ages 50+) in The Villages, FL. Entry deadline received by 11-14. Info sheet will be mailed to those who have qualified. Not yet USMS-

recognized. Event Director Joe Fomich (352) 751-4919 or [nfomich@aol.com](mailto:nfomich@aol.com)

Mar 5-6 / SCY: Polk County Senior Games (for ages 50+) in Lakeland, FL. This is a qualifying meet for the 2004 Florida State Senior Games and is USMS-sanctioned. No further info was available at time of printing.

### POSTAL EVENTS

1 Sept - 15 Dec: 2003 Postal Pentathlon. Entries received by 12-24. Info sheet enclosed.

### SWIM CAMPS

Nov 20-23: FL Keys Aquatics Masters Training Camps (with Olympic swimmers to assist) in Key Largo, FL. Cost \$450. Info can be found on line at <http://home.att.net/~dixiezone/Meets/0311FLKeysAquatics.pdf> or contact Clifton Waterbury at (305) 522-3662 or [keylargodiving@hotmail.com](mailto:keylargodiving@hotmail.com)

4<sup>th</sup> Quarter 2003: Coach Joe Biondi plans a Swim Camp in Clearwater, FL. Contact Joe Biondi at [coachjoe@verizon.net](mailto:coachjoe@verizon.net)

For a complete listing of all upcoming meets please visit either [www.dixiezone.org](http://www.dixiezone.org) or [www.usms.org](http://www.usms.org).



# Recognizing Those Who Excelled in 2003

*February 14, 2004  
at the Long Center, Clearwater*

Please join your fellow Florida Masters swimmers for a relaxing evening at our third annual Florida LMSC Awards Dinner on the Saturday evening of the CAT Masters Valentine Meet.

The banquet hall, located adjacent to the aquatic complex, will open at approximately 4:30 PM, followed at 5:30 PM by a buffet dinner. A cash bar offering wine and beer will be open before and during the dinner. The awards presentation follows the dinner and will be over by 7 PM.

Tickets are \$15/person, and spouses, significant others, and guests are welcome. Reservations are required and dress is casual. Reservations with a check payable to **Florida LMSC** should be sent to Meegan Wilson, 620 NW 27th Way, Gainesville FL 32607, by February 6 (the meet entry deadline).

## Awards

### **Florida LMSC Most Valuable Swimmers of the Year**

Four swimmers are honored as the 2003 Florida LMSC Most Valuable Swimmers: one male and one female distance swimmer and one male and one female pool swimmer.

### **Florida LMSC Outstanding Swimmers of the Year**

Twelve swimmers are recognized as Florida's 2003 Outstanding Swimmers of the Year: three male and three female swimmers in pool and three male and three female swimmers in distance (USMS postal, open water, and long distance championships).

### **The Frank H. Tillotson Award**

Criteria for the award are contributions to his/her own team, contributions to the Florida LMSC, Dixie Zone, and/or USMS, and contributions to the general swimming community beyond Masters. Nominees must be Masters registered with any Florida LMSC team other than Maverick Masters. **Nominations** will be accepted from any Florida LMSC swimmer or club and should be sent before December 31 to Patricia Tullman, 5432 Twin Creeks Drive, Valrico FL 33594 (ptullma1@tampabay.rr.com).

### **Overcoming Adversity Award**

This award recognizes a Florida LMSC Masters swimmer who has overcome adversity and who provides inspiration to all while pursuing swimming. Nominations may be made by any Florida LMSC club or individual and must include a one-page description by the nominee of how Masters swimming has had a positive effect on the nominee's life and a one-page letter of recommendation by the person making the nomination. Send nominations by December 31 to Margie Hutinger, 1755 Georgia Avenue NE, St. Petersburg FL 33703 (phut@usms.org)

## Dinner Menu

*Tossed Green Salad with choice of dressing, Fruit Salad, Rolls & butter, Entree (Vegetable Lasagna or Barbecued Chicken), Oven Browned Potatoes, Mixed Garden Vegetables, Dessert, Beverage (Iced Tea, Coffee, Lemonade, or Fruit Punch)*

Dear FL LMSC Team Members,

As I prepared this letter, the news reports that a cold front will be moving into our area tomorrow night. It appears that winter is moving on in. Hopefully everyone's pool heater is working. Our last LMSC meeting of the year took place on Saturday, October 11 at the Orlando Aquatic Center right after the 400 IM. The meeting was well attended and lasted less than 90 minutes. A significant amount of information was covered and kept all in attendance in THE KNOW! The agenda included information reported from the convention in San Diego, the Florida At Large Team, registration rates and the Annual Awards banquet on Valentine's Weekend.

Due to the amount of information that each of your delegates provided, the reports from the convention will be posted on the FL LMSC web site. Please make it a point to review the notes as they are designed to give you an overview of what took place in the sessions that each delegate attended. You are encouraged to contact the delegate if you have any questions about their reports.

It is a FACT (**Florida Aquatics Combined Team**), the FL LMSC will have a combined team to represent our members at national competitions. Please understand that this is not in any way being promoted by your LMSC officers. This opportunity

was birthed out of our members just like you, who have expressed an interest in it. As a result of the high response from our members in the survey that was conducted a little over two years ago, a committee was formed to initiate the program. It has taken a lot of work and it is all about to come to fruition. More information about FACT will be covered further in this newsletter edition.

Last year the USMS voted to raise the registration rates for its members. In an effort to keep costs down wherever possible, your FL LMSC elected to absorb the increase and not impact the members. At our October meeting we addressed this issue again and voted not to raise your individual registration rates. Since the organization has managed your dues effectively we have been able to offset the rate increase through our LMSC reserve. Once again our leadership has aimed to provide what is best for our members.

On February 14<sup>th</sup> we will have our 3<sup>rd</sup> Annual Awards Banquet following the last event on Saturday at the Clearwater swim meet. The Banquet Ceremony is conveniently located at the Long Center to make it easy for all to attend. We want to encourage everyone to attend this exciting event. Each year our attendance has increased and we expect this one to be the best yet. There are some new recognition awards that will be given as we seek to recognize every level of member

for their part in our organization. Please plan to come and be a part of our history. More information is on our Zone web site and the entry form for the swim meet.

In closing, I want to mention something that was rather alarming to me, which I discovered at the Orlando swim meet. Upon meeting one of our very qualified meet official on Saturday, I discovered that USS Officials in Florida prefer to decline opportunities to cover masters swim meets. That in and of itself was discouraging, but to find out the reason was even more. The official explained to me that masters swimmers for the most part are nasty and rude and that she was reluctant herself to be at the Orlando meet. I apologized for us and told her that the word would be sent out to our members! Please refer to the commentary written by Christine Swanson on this matter. I think that you will be very surprised by what Christine has to say. For the sake of one another, let's be polite and courteous but even more those who are serving us...the volunteers.



From the heart...

Your  
Chairman,  
Tom Bliss  
FL LMSC



# NEWS FROM AROUND THE LMSC



## CAT MASTERS

Clearwater

Joan Campbell

[jcampb10@tampabay.rr.com](mailto:jcampb10@tampabay.rr.com)

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

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

Sarasota FL. My apologies to Karen Gardner and Pat Cohen who participated in this meet and were overlooked in our previous report.

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

International Fina Top Ten SCM and LC Joan Campbell SCY (4 events) and LCM (3 events). Nancy Durstein SCY (3 events) and LCM (3 events).

St Pete Masters Long Course Championship July 11-13, 2003 CAT Masters 3<sup>rd</sup> out of 22 teams! Additionally, Lisa Evans, Buffy Price, Elspeth Stuckey and Marianne Bradley were High Point Winners in their age groups! Joan Campbell won high point for her

age group by winning 8 of 10 events she entered!! Not to mentioned hard-working Nancy Durstein who placed either 1<sup>st</sup> or 2<sup>nd</sup> in 11 events entered! Our Men: Jerry Rutigliano placed in 8 events; Charlie Kohnken 1<sup>st</sup> or 2<sup>nd</sup> in all 9 events entered; Elliott Schofield placed in 7 events. Female Relays: 1<sup>st</sup> -- Stuckey, Bradley, Evans and Durstein. 1<sup>st</sup> -- Price, Bradley, Stuckey and Campbell. Mixed Relay: 1<sup>st</sup> -- Schofield, Campbell, Rutigliano and Durstein.

Lean Cuisine- Publix Fitness Week-end One Mile Open Water Swim July 12, 2003 Ivette Compton 1<sup>st</sup>; Liz Graham 3<sup>rd</sup>; Carole Torreano 1<sup>st</sup> and Wolfgang Scholl 3<sup>rd</sup>.

USMS Long Course Nationals Joan Campbell won 2nd place for the 1500 Freestyle. Buffy Price swam 3 events, all swims were personal records for her. Her 2 sisters Annie Coley and Marnie Kern swam as well and they were placed in heats alongside them. Two other sisters, Julie Smith and Laurie Seigh, cheered the girls on.

Team Orlando Masters SCM Invitational. Joan Campbell (swimming 11 events and taking 10 firsts and one second) took her age group's High Points.

Nancy Durstein swam 11 events

winning 1<sup>st</sup> in 6 and 2<sup>nd</sup> in 5. Erik Kirstein swam 3 events, Bill Conlon swam in 3 events, Jerry Rutigliano swam 7 events and had 4 personal bests and Elliott Schofield swam 7 events.

Our Coach Joe Biondi attended the World Coach's Clinic the first week in September in San Diego, California. Joe also attended a Clinic for coaches in Auburn at the request of the FL LMSC as they want him to become more involved in putting on Clinics for our LSMC. Upon his return from the camp at Auburn he'll be planning a Masters & Triathlete Clinic.

At the Annual CAT Masters Meeting Joan Campbell reported that CAT Masters has contributed generously to the Good Life Games, CAT Team Scholarship Fund and Long Center Foundation, contributions we make to our community. Results of the Election of officers were announced: Denise Corbin was re-elected. Joan Campbell, Vice President and Secretary Nancy Durstein, 2<sup>nd</sup> Vice President along with Bill Conlin to serve as co-chair. Marianne Bradley, Treasurer and Registrar.

Joan Campbell represented CAT Masters at the USMS Convention in San Diego.



COURTESY

By Christine Swanson

Courtesy is not something I spend a lot of time thinking about. After 33 years of competitive swimming, courtesy and sportsmanship are ingrained in my routine. I am certain it is ingrained in the minds of my competitors as well. The recent meet in Orlando, however, reminded me that being courteous must extend beyond my fellow competitors and teammates. In fact, it should be extended to the meet officials. It wasn't an incident involving officials at his meet, but the lack of available officials for this specific meet that prompts this commentary.

Let's face it, we can practice without officials, but when it comes to meets our USMS rules require a minimum number of officials on deck. In defense of Orlando, they tried to find the requisite number of officials, but encountered one "No" after another in response to their request. Mostly because there are so many meets - high school, summer league, USA Swimming and the officials are tired and overworked. But another reason cited by more than one official was, "Master swimmers have been rude to me."

Most of you are shaking your

heads, thinking, "Rude to officials?" I have seen it at meets, some have been my own teammates, and all have been competitively on edge at the time of the DQ and very defensive. None of us like to get DQ'ed, especially when we have worked hard for the competition, but the fact is we make technical mistakes. I was DQ'ed at Nationals in the late 80's for dropping my shoulder on a turn in the 200 butterfly. I can assure you, I had no recollection of the mistake and I was in no position to argue with an official as to whether I did this or not. But after that point, I was very conscious of my shoulders on any fly turn I did in practice or competition. When confronted with these errors, we don't all take kindly to the implication that we aren't perfect and respond or argue with the official in our haste. Officiating is a thankless job, they are the police of the pool, and they too (admittedly) make errors. The meet referees advise us of our infractions (most called by someone else officiating the meet) and they are more than happy to have a further discussion about the technicality of the question.

I hope in the future, more of us will take the time to thank the officials and also extend them the same courtesy we would expect if we were in their shoes. Perhaps our meet behavior can improve the situation and help smooth this tenuous situation.

On a side note:

It may interest many of you that after the SPM 2003 SCY Meet, an official told me that 80% of the men competing in breaststroke and IM events were "dolphining" during their turns. The women were guilty as well but not to the same extent. Now most of you are thinking, "I don't do that!" But do you really know that you don't? Can you imagine the up-roar the meet director and officials would face if they instituted a strict DQ policy?

It is a fine line they walk to ensure a pleasant, competitive atmosphere for all the swimmers attending a meet. Too many DQs at a meet cause some to be suspect of certain officials and too few DQs cause us to wonder how everyone has become so technically proficient.

I was recently told that back in the late 80s British Olympic breaststroker Adrian Morehouse learned a hard lesson with a disqualification at the Olympic games. Had an official taken the time to DQ him for "dolphining" in his breaststroke at an earlier competition, or better yet, his coach brought this to his attention, he might have been victorious in his quest for gold.

Just something to think about!

NEWS continued...

CAT Masters are looking forward to participating in the Florida Aquatics Combined Team (FACT) and hope that more people will join Masters with the added fun of getting together for relays with others in the Florida LMSC.

We are looking forward to the 3000 and 6000 swims later this month. Joe is encouraging some of the virtual swims for the fitness swimmers. Joe has also scheduled several "Just for Fun" open water swims in the Gulf that have been well attended.

Our **Valentine's Meet** is just around the corner **February 14-15**. We hope that everyone will join us that weekend for a really well organized **Swim Meet** which is notorious for having the best of food and volunteers in addition to great attendance by swimmers from near and far.



**DIANETICS SWIM TEAM**  
Clearwater  
Kitty Magness  
kitty.magness@verizon.net

Ten of us competed in The Cyberman this fall ranging from age 9 to age 45. A lot of swimming, biking and running was done. Gertie placed 3<sup>rd</sup>, Delphina



placed 4<sup>th</sup> and Ann placed 9<sup>th</sup>. Congratulations to Kitty, Eva (age 12), Cole (age 9), Steve, Justine, Lise and Cathy!

Kitty and Gertie completed the 5K and 10K swims for the first time.

Ann participated in a virtual Boston to New York running race. She completed the 190-mile distance in 46 days and placed 2<sup>nd</sup>. Well Done!

Kitty started Girl Scout Troop 903 and is busy teaching the girls knots and camping skills aside from selling scrumptious nuts for the holidays. We commend her for her volunteer work in our community.



St. Petersburg  
Paul Hutinger  
phut@usms.org  
www.maverickswim.org

WORLD POLICE & FIRE GAMES,  
BARCELONA, SPAIN  
Charles Weatherbee competed at the 1992 Olympic Pool in early

August bringing home gold for the 50, 100, 200 & 400 Free, 50 Back, 50 Fly, 200 Breast, 100 Fly, 200 IM and 2-mile ocean swim. He earned silver for the 100 Back and 50 Breast. When he wasn't swimming, he used every opportunity to visit the local attractions.

**ORLANDO MEET (Aug. 1-2)**  
James Browne, Jean Troy, Robert MacDonald, Ruth Thompson, Patricia Tullman, Flavia Zappa and Gertrud Zint took advantage of the new LCM meet in Orlando. For their efforts, they won the visiting team first place trophy.

**LCM NATIONALS**  
Eleven Florida Mavericks successfully competed at the LCM National Championships at Rutgers University, Piscataway, NJ. In the small team division (120 teams), the eight men are the reigning National Champions with 385 pts; the three women placed 8<sup>th</sup> with 131 pts and the combined team placed 3<sup>rd</sup> with 538 pts. Troy, 76, broke her own World Record in the 1500 free, with a time of 27:09.75. The Men's 320+ 200 Medley Relay with Paul Hutinger, Brud Cleaveland, Joseph Kurtzman and Robert Blake broke the National Record with a time of 3:00.89.

Other Mavericks contributing to the team effort included Margie Hutinger, Amar Lathi, Elmer Luke, MacDonald, Tullman and Weatherbee.

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## TOP TEN AND RECORDS REPORT

By Margie  
Hutinger

I submitted times from the following LCM meets: Senior meet, Good Life Games in Clearwater; Brandon; Sarasota; St Petersburg; Orlando; USA Times for Charlotte Petersen and the World Games. For the Florida Top 5 and Records, I included times from the final results swimmers sent me from Meets in Athens, GA; Ft Lauderdale; Greenville, SC; Northern KY; Raleigh, NC; Brunswick, GA and LCM Nationals.

Last issue, I suggested that a team step forward and host a relay meet. Sue Mocha, Brandon Blue Wave, is working out the details for a relay meet in early March. More information will follow. Her team would also like to hold a 1650 meet in late January.

Update regarding the Dixie Zone Records. The record recorder did correct most of the errors from our LCM LMSC records, but many remain inaccurate (SCY and SCM). In spite of my objections, a new rule was passed at the zone meeting at convention. The majority felt that in order for a time to be included as a Dixie Zone record, it had to meet the same timing standards

for records as USMS, i.e. automatic timing or three watches. This affects swimmers at our 5-10 development and senior meets every year. In my opinion, this is overkill! In the FL LMSC, any time that is a valid Top Ten time, can break a record.

Included in this issue are the FL LMSC LCM records. Records broken included 30 women's individual; 52 men's individual and 3 relays; plus 6 mixed relays. WOW!!! Congratulations to all record breakers. Burwell Jones, SWIM (70), and William Specht, SPM (45), were the top men's record breakers with 7. Meegan Wilson, 300 (55) and Jean Troy, FMM (76), were the leading women's record breakers with 5. Meegan wasn't the only record breaker in the family. Daughter Marly made her debut in Masters Swimming and broke the 800 Free record.

These are the oldest LCM records, from 1985-1990, that were broken in 2003 (three records remain from 1982 and 1983).

### WOMEN

19-24--50 Fly-Heather Skaggs, SPM, 29.53; broke Sudie Miller's, HLJ, 1990 record of 30.44.

### MEN

50-54--50 Back-Casey Claflin, SWIM, 30.36; broke John Smith's, HLJ, 1988 record of 30.93.

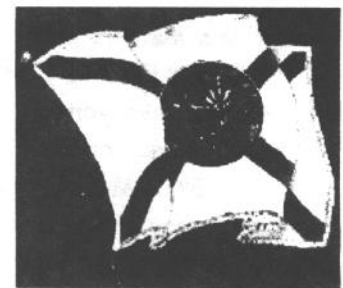
100 Back-Claflin, SWIM, 1:07.42 broke John Smith's, HLJ, 1988 record of 1:10.14.

200 Back--Jeffrey Perout, GSC, 2:30.10; broke Burwell Jones', SMS, 1985 record of 2:35.44.

200 IM--John McCall, ORLM, 2:34.74; broke Burwell Jones', SMS, 1985 record of 2:35.51.

400 IM--McCall, ORLM, 5:24.76 broke Burwell Jones', SMS, 1985 record of 5:41.04.  
55-59-- 100 Free-George Brick, TBAC, 1:03.52 broke Burwell Jones', HLJ, 1988 record of 1:04.19

## *It's a FACT!*



The Florida Aquatics Combined Team is now a reality. Several FL LMSC teams have joined in. The ideas and objectives expressed were thoroughly investigated over the past 2 years and are being launched for 2004, just in time for a good representative group in Savannah, GA for the LCM Nationals next August.

The original purpose was born of the fact that a few people from a number of FL LMSC teams competed at National and World events; however, when combining these teams the great strength

(Continued on next left pg)



NEWS continued...

#### ORLANDO SCM MEET

Twenty three Mavericks competed at the annual SCM Meet at Orlando defending the title they won last year. With 1604 pts, they outscored powerhouses Orlando, Holmes Lumber and Gold Coast.



The Mixed 320+ 200 Free Relay, with Florence Carr, P Hutinger, June Reynolds and Cleaveland swam a 2:57.86 so crushing the World Record of 3:02.94.



The Mixed 320+ 200 Medley Relay, with Troy replacing Carr, swam a 3:26.35 and broke the World Record of 3:29.19. MacDonald, 75, swam a National Record time of 1:35.87. When he was behind the blocks, swimmers told him his suit was inside out. So much for the argument against eliminating extra drag. ☺

High point winners included Cleaveland, Gladys Olsen, Reynolds, Tullman, Matthew Watkins, Robert Williams and Zint. Other point getters included outstanding performances by Jean Allen, Browne, Carr, Richard Criche, Margie & P Hutinger, MacDonald, James Pitts, Doris Prokopi, Charles Schlegel, Thompson, Frank Tillotson, Troy, Marianne Vann, Weatherbee, and Zappa.

#### HONORABLE MENTION FOR NEWSLETTER

For the 5th year, The Maverick Lane Lines have been ranked in the Top 10 in the annual USMS newsletter contest. It is posted at our web site: [www.maverickswim.org](http://www.maverickswim.org)

#### Florida First Coast Y Masters

*Ponte Vedra Beach*

*Gregg Achatz*

*gregory.achatz@ipaper.com*

The little team from Ponte Vedra had a great summer. Some members participated in open water swims in Fernandina Beach and La Jolla, CA as well as triathlons in Jacksonville and the MS 150 bike ride in N. Florida. We also added some new members, when a group of triathletes affectionately known as "Chuck's Chicks," officially joined the master's program.

Next on the list for our group is to prepare for the 2004 Checkoff Challenge, and the 30 minute postal swim. We continue

to offer five morning workouts and two evening workouts per week. Anybody visiting the Ponte Vedra area or anyone looking for a permanent home to swim, pls check us out.

FCYM welcomed a new coach this past summer, Jackie Calbeck. Jackie came to us from Indian River CC where he excelled in backstroke and freestyle. Between his duties as masters coach, age group coach and high school assistant coach, his days are long. And he has noticed that complaining about a difficult set knows no age! ☺

HOLMES LUMBER JAX

*Jacksonville*

*Pete Nickodem*

*pete.nickodem@asmnet.com*

#### 'Tiger' chasing dream of city swim facility

By David Johnson

*Times-Union sports writer*

If you let Rogers "Tiger" Holmes tell it, you'd believe 81 years has taken its toll on the champion swimmer. He says age has made every lap slower than the last. But his friends tell a different story, one that makes his nickname all the more fitting.

(Continued on next right pg)

FACT continued...

of the Florida LMSC was quite apparent. We feel that there will be an added positive effect of increasing the participation of individual team members who want to be part of a larger group, want to get to know others with similar interest. On the local level, there should be an increase in membership in the USMS, since there will be an increase in social benefits and emphasis on individual fitness and health. In addition, your own chapter remains intact with the friends you work out with daily and your own autonomy is untouched.

The price for FACT membership will be \$3 to cover costs - printing, phones, etc. This is a new venture, so we're estimating. Meegan Wilson will act as Treasurer/Registrar and initially Don Puchalski and Joe Biondi of CATM will coordinate and communicate. Dick Brewer has set up a link to FACT on the [floridalmsc.org](http://floridalmsc.org) web site so that they can communicate notices to FACT members and the current chapter/club representative will act as communicators to their members for e-mail and fax contact. We will need some further volunteers down the line - we're not all that computer savvy. We'll welcome suggestions for improvement since communication is the key and we'll be dealing with a large number of people.

The first event of the new year

will be the 1-Hour Postal Swim. All FACT swimmers will enter as FACT, since this is a National event. You will send in your entry as you would normally, but fax a copy to Don Puchalski and send him your portion of a relay fee. He will set the relays and if you are not entered, you will have a credit for the remainder of the year for other relays you may be on. The first local event will be the Valentine's Meet on February 14-15, 2004. Your Information sheet in the newsletter as well as on the web site will be self-explanatory. Address any questions you may have to the meet director, Joe Biondi, or to me: [jcampb10@tampabay.rr.com](mailto:jcampb10@tampabay.rr.com).

Happy swimming - and look forward to a successful year and good times!!



The LEATHER LUNGS AWARD, new for 2004, is intended to encourage swimmers to participate in meets and events, regardless of their speed or

ranking, and to recognize them for their personal accomplishments. The award promotes versatility and fitness for swimmers and provides additional motivation to participate in meets, similar to the USMS Check-off Challenge.

The award will be given in each of the three venues: SCY, LCM, and SCM. There is no limit to the number of swimmers who may receive the award or how often they may receive it, as long as each meets the following criteria.

#### CRITERIA

1. All swimmers must be registered in the FL LMSC.
2. All events must be swum in USMS-sanctioned or USMS-recognized meets.
3. The swimmer must complete ALL 18 events in SCY, or ALL 18 events in SCM or ALL 17 events in LCM during a single calendar year.
4. The only splits that are permitted are lead-offs on relays.

Start planning your meet entries now so you can get all of the events swum during the coming year. The 2004 Leather Lungs Awards will be presented at the 2005 LMSC Recognition Dinner. Please notify Margie Hutingler (1755 Georgia Ave NE -- St. Petersburg FL 33703 -- [phut@usms.org](mailto:phut@usms.org)) of your swims, especially relay lead-offs, so she can verify the times and the swims.

## NEWS continued...

"He's like a one-man dynasty," said Nancy Hogshead-Makar, an assistant professor of law at the Florida Coastal School of Law and winner of three Olympic gold medals in swimming. "He represents swimming in the community of Jacksonville."



"Tiger" Holmes, 81, is lobbying the city to build an indoor aquatics facility.  
-- Don Burk/Staff

For more than a decade, Holmes has turned his attention to teaching children how to swim and lobbying the city of Jacksonville to build an indoor aquatics facility. "We're probably the only city of our size that doesn't have an aquatics center," he said. "Basically, my efforts are teaching kids how to swim."

It didn't always seem like Holmes would champion the cause of swimming in Jacksonville, despite being a collegiate swimming champion. At the University of Florida, he served as captain of the swimming team and won the Southeastern Conference's 50-yard freestyle championship in 1942.

But piloting for the Army Air Corps in World War II and founding Holmes Lumber Co. in 1954 pushed him out of the pool.

When he made his return to swimming 25 years later, it wasn't about winning gold medals. It was about surviving. After heart bypass surgery in 1979, Holmes' daughter, Mary Roebuck, pulled him back into the water as a means of therapy and exercise. "She was a very

successful college swimmer for Auburn," he said. "She urged me to get back swimming, and we had a lot of fun swimming together."

Since then, Holmes has been swimming like he never left the pool, winning more than 15 Masters Swimming national and world championships. At the

### Long journey

Tiger Holmes has some notable accomplishments in and out of the pool:

- \* Served as captain and won 50-yard freestyle for Florida at SEC Championships in 1942.
- \* Served as pilot in World War II.
- \* Founded Holmes Lumber Company in 1954.
- \* Returned to the pool in 1979 after heart bypass surgery.
- \* Has won more than 15 Masters Swimming national and world championships.

United States Masters Swimming National Championships Aug. 13-17, Holmes earned four gold medals and two silvers. At the masters



Three-time Olympic gold medalist Nancy Hogshead-Makar calls "Tiger" Holmes a "one-man dynasty." "He represents swimming in the community of Jacksonville," she said.  
-- Don Burk/Staff

meets, he competes in the 80-84 age group, sometimes against swimmers he faced in college six decades ago. But Holmes said the medals don't mean much. His focus is on parlaying his success into improving Jacksonville's swimming facilities. His quest gained momentum in 1988

after Holmes Lumber sponsored 170 swimmers -- including Holmes and Roebuck -- to compete in the Masters Swimming World Championships in Brisbane, Australia. "Fifty-six of us came back to Jacksonville and became certified to teach swimming," he said. "Our goal was to teach every child [in Jacksonville] how to swim."

Holmes said the group focused on children in the core of the city for three summers starting in 1989. "We taught 12,000 to 15,000 kids how to swim," he said. "Our biggest obstacle was that the weather would get cold,



"Tiger" Holmes won four gold medals and two silvers at the U.S. Masters Swimming National Championships in August.

-- Don Burk/Staff

and we were out of business. We only scratched the surface."

This problem led Holmes to turn his attention to lobbying the city for an aquatics center. Jeff Clements, chief of research for the city council, said Holmes has pitched the idea to the council several times. Separate proposals to put the center out by the beach and to pair it with the Equestrian Center in the Better Jacksonville Plan never came to fruition, he said. Hogshead-Makar, another supporter of building an aquatics facility, said the center would serve two masters.

"You can have a world-class competition on the weekend," she said. "Then, on the weekdays, you can have them [the pools] packed [with children]. Pools don't wear out like football fields. It will serve the underserved children

of Jacksonville to teach them how to swim, and it will also showcase Jacksonville." Holmes said he's disappointed his previous efforts have been in vain, but he has new hope that the new mayor and city council president will give the community a facility. "That's the biggest thing on my agenda right now," he said. "That's what I'm living for."



**Merry Minnows**  
Estero - San Carlos Park  
Dick Brewer  
rdbrewer@att.net  
merry-minnows.home.att.net

#### In the Water...

Dick Brewer and Patrick White survived our pool's water temperatures to complete the 3K postal in September, when the pool somewhat resembled a really large, moderately warm hot tub, and then the pair swam the 6K postal in October, joined by Kathy Erickson who finished the 3K postal. In pool competitions, Dick also recorded a best time in the 1500 at the Orlando SCM meet in October, and his 800 split was 10 seconds faster than his previous best time in that event.

#### On the Road...

Patrick White competed in the Ultramax Iron Distance triathlon

in Lake of the Ozarks, MS and had a personal best of 1:08 (hours) in the swim thus placing in the Top 20 out of over 200 triathletes for the swim.

Raul Rojas ran in the "Naples on the Run" 20K race finishing 3<sup>rd</sup> in his age group.

Matt Seluk competed in the Sanibel Island Sprint Triathlon and finished 2<sup>nd</sup> in his age group. He followed that up with the TriAmerica/Walt Disney World Triathlon (international distance) and finished 16<sup>th</sup> out of 65 in his age group.



Orlando  
Cathy Shonkwiler  
cswimming@aol.com  
www.teamorlando.net

The Annual SCM Invitational took place October 10-12. The annual event had a great turnout with over 31 teams represented from throughout Florida as well as teams representing Ohio, Texas, Nevada, District of Columbia, Minnesota, Maryland and North Carolina. There were approximately 200 swimmers participating in the 3-day event. Several World, USMS, Dixie Zone and FL LMSC records were broken during the meet as well as many personal best times achieved. Thank you to the staff



of the Aquatic Center and special thanks to the Meisenheimers who opened their home for the annual dessert social event (it is really known as the Meisenheimer Swimming Complex and Yo-Yo museum ☺). An additional thank you to all who participated in the meet but most of all thanks to the family members and loved ones who helped by volunteering to be timers and meet officials.

The top 5 team scores were as follows:

**Combined**

Florida Maverick Masters  
Team Orlando  
Holmes Lumber Jax  
Gold Coast Masters  
St. Pete Masters

**Women**

Florida Maverick Masters  
St. Pete Masters  
Team Orlando  
Holmes Lumber Jax  
Gold Coast Masters

**Men**

Florida Maverick Masters  
Holmes Lumber Jax  
Team Orlando  
Gold Coast Masters  
St. Pete Masters

High point trophies were awarded to the following swimmers: Suzanne Shaffer, Chris McKee, Monica Hare, Daryl Fenton, Linda Visser, Mathew Watkins, Charlotte Petersen, Bryon Stout, Cathy Shonkweiler, Ron Collins, Debbie Cavanaugh, Tom Bliss, Pam Geiger, John

McCall, Meagan Wilson, Bill Pillmore, Elaine Bromwich, Harold Murra, Patricia Tullman, Cav Cavanaugh, Joan Campbell, Burwell Jones, Gladys Olsen, Robert Williams, June Reynolds, Richard Avery, Gertrud Zint, and Brud Cleavland.

Results can be seen at the YMCA Aquatic Center Website at the following address: <http://www.ymcaaquaticcenter.com/2003MastersFinalResults.htm>.



The Space Coast Masters team continues to make their presence known.

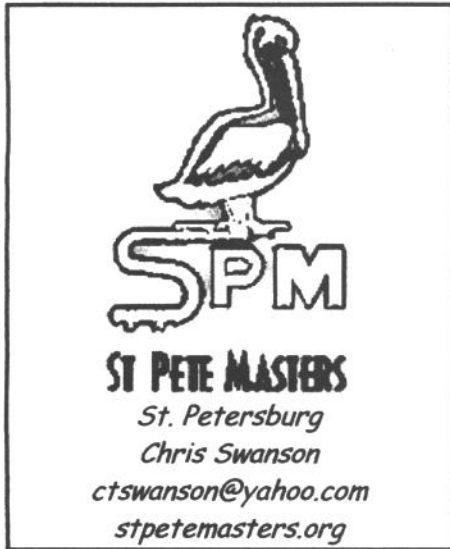
In July, there was the St. Pete meet where Bob Sigersmith, Tom Bliss and Lester Bell competed. Bob Sigersmith placed 1<sup>st</sup> in four of the five events (50, 100, 200, 400, 1500 free) he entered. Tom swam in 9 events (50, 100, 200 back, 50 brst, 50, 100, 200 fly, 100 and 400 IM) and ended up with one 1<sup>st</sup>, four 2<sup>nd</sup>s and four 3<sup>rd</sup>s.

This trio headed to Orlando in Aug. and garnered many 1st place ribbons (Tom had four 1<sup>st</sup>s and a 2<sup>nd</sup>).

By Long Course Nationals, Bunny Cederlund appeared on the scene with Tom Bliss. They made some major contributions for Space Coast Masters. Tom (45-49) swam in 5 events and at the national level, in this very competitive age group, came in 4<sup>th</sup> in the 200 and 400 IM (with Personal Best Times). He was 6<sup>th</sup> for the 200 fly; 7<sup>th</sup> for the 200 back and 9<sup>th</sup> for the 100 back. Bunny Cederlund (80-84) came in 1<sup>st</sup> in all her 6 events (100, 400, 800 free and 50, 100, 200 back). Is it any wonder that Bunny's team mates are calling her "the ever-ready Bunny???" ☺

More recently, nine members of the team attended the SCM meet in Orlando. Suzanne Shaffer who is just returning to the competition scene after shoulder surgery. Suzanne was the high point winner in her age group. Space Coast is delighted to have her on our team. The other women in attendance were Bunny Cederlund, Martha Henderson and Angie Sinacore. The men attending were Lester Bell, Tom Bliss, Richard Orcutt, Bob Sigersmith and Pete Turner. Tom Bliss, who is beginning to look like a "swimming machine" was high point winner in his age group. Tom swam in 10 events, 9 of which were personal bests for him. Bunny swam in 8 events and in seven of the events she placed 1<sup>st</sup> and set new records.

The snowbirds are slowly returning to the team and we are looking forward to a successful season.



Lately we have been in a little lull. The summer was hot, the kids tired us out and we are just now getting our bearings and finding our way back to the pool. With LCM season behind us, we need to recognize some of our fine swimmers at the Nationals in mid-August. Bill Specht led the way with 4 top finishes, a 2<sup>nd</sup> and a 4<sup>th</sup>. This included several new USMS records. He was joined at the meet by Alex Ramirez-Miller and Russ Frazier; both are eager to age up and escape their current competitors. Steve Allbritton sprinted his way to a 2<sup>nd</sup> place finish in the 50 Free (45-49) along with other top ten finishes. Willie Hempel placed high in all the distance Free events (45-59) but found his sprints a bit more challenging. SPM's only women attendee was Anne Page who appeared for her Sunday events and placed 3<sup>rd</sup> in the 50 Free and 200 IM.

In past years, SPM had a good number of members tackle the

5K and 10K swims and 2003 was no exception. We await the results later in October. In late September, we also fielded a group of friends and family to run and walk in the local "Race for the Cure" event held in St. Pete.

We are now gearing up for the SC season and hope to field a good contingent for the annual Valentine's Meet in Clearwater. There is also growing interest among our members to venture back to Europe next June for the World Championships in Riccione. All of this should set us up for a busy 2005.



Swim Florida is working on BIG improvements!

Bob Bennett is designing a new website, and the Sarasota Chapter now has a new Board of Directors: President: Robert Davie Robert Davie  
 Vice Presidents: Jim Donnelly & Deb Walker  
 Treasurer: Bob Coulter  
 Secretary: Edna Gordon  
 Social: Rick Walker  
 Membership: Adam & Shirley Leonard  
 Town Crier: Chris Gillian

Website: Robert Bennett

**Great Achievements**

We had several swimmers attend the SCM Orlando meet with great success! **Bump Jones** posted 2 WORLD Records: 100/200 Back. He also achieved Dixie Zone records in 200/400 Free and 100/200 IM. **Deb Walker** secured a Dixie Zone record (100 Br), while Kevin McCormack (50 Back) and Jim Redic (200 Br) achieved Florida LMSC records. **GOOD JOB!**

**Sally Sheppard** celebrated her 92<sup>nd</sup> Birthday last month!! She still swims at Arlington every day.



**Bump Jones** received a very notable national award: The "David Yorzyk Award" given to the individual who swam the year's most outstanding 400 IM, regardless of age or gender. What a great honor. Here is a recent picture of him at the Olympic Helsinki pool where he represented the USA. **Congrats, Bump!!**

### Ask the Swim Doctor Continued from Back Page

#### How to Arrive at Your Ideal Splits.

Using split times is probably the most important technique for training for the IM in terms of doing broken swims. This consists of doing 4 x 25 for the 100 IM; 4 x 50 for the 200 IM and 4 x 100 for the 400 IM. The broken swims are started about eight weeks before a selected meet in which top performance is desired, like Nationals.

#### Training With Broken Swims.

Now that you have figure your goal time for the 200 IM and splits for each stroke, you can put them together in broken swims. The first broken swim can be done on two-minute intervals. If needed, add more rest. Do a dive-in start with fly and swim it the same way you plan to do in your race. The other strokes are timed from push-offs, leaving every two minutes, or more. Do not swim as fast as you can but try to stroke smoothly and efficiently. Work toward doing three or four sets of these broken swims in one workout with a shorter rest between each 50-yard swim. The ideal is to take only 5-10 seconds rest between each 50. These times will probably be faster than your actual times because the turns have not been included. To make the broken swim close to the actual swim, include turns with the broken swim.

Summary. Use the preceding analyses to gain a better understanding of your performance in the IM's. Begin by compiling your split times over several meets, then check the percentages to see if your pace is correct. Use these split times for your training, especially with broken swims.

For more information, send a S.A.S.E. to Paul Hutinger at 1755 Georgia Avenue NE in St. Petersburg, FL 33703.

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### MY FAVORITE WORKOUT



by Chris Gillian

#### Warm up of your choice

#### Free:

100 - 25 drill, 75 swim  
50 x 4 kick, no board or vertical

#### 100 pull

#### Breast:

50 x 6 kick, no board or vertical

50 x 2 pull  
100 swim - 25 drill, 75 swim  
Back:

25 right arm scull, 25 swim  
25 left arm scull, 25 swim  
50 x 6 kick, no board or vertical

50 x 4 pull

#### Fly:

150 - 25 front scull, 25 pull, 50 kick, 50 swim  
150 - 25 mid scull, 25 pull, 50 kick, 50 swim  
150 - 25 final scull, 25 pull, 50 kick, 50 swim  
150 - 25 combined scull, 25 pull, 50 kick, 50 swim

100 IM x 8

Total: 2900 yd

Warm down of your choice

\*\*\*\*\*  
\*\*\*\*\*

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.

Another birthday swim! Casey Claflin and Al Huxthal celebrated # 50 with 50 x 100 in the pool and a 50-mile bike ride after! Lots of company for the swim portion but they were a bit lonely on the cycle part! Oh, and Al threw in 100 push-ups on the deck!

At the annual Siesta Key Triathlon our swimmers were outstanding! In their respective groups we had Winston Richey-2, ChinUwah-King-5, Amy McCormack-5, Tommy Schwartz' relay team-1, Robert Davie and "Sunbods" team-2, Rick Walker's team with a flat tire (on the bike)-3, Al Huxthal & Catie Briggs team-3, Jenny Krause, Jim & Bob Sweeting-1, and Chris Gilligan and the "Glamazons"-1. The competitors meet well before daylight and as the sky lightens 500 swimmers make their way along the beach to the starting point.



**This concludes another issue of the FL LMSC News-**

**letter. I hope you'll enjoy our newest addition: info sheets for Florida meets (in addition to the FL Consolidated Entry Form) in each issue. © The Deadline for the February Issue of the FL LMSC Newsletter is Jan 5<sup>th</sup>! Please send news and/or pictures to gertraud\_e\_perry@yahoo.com**

## So you want to do a news release...

Tips for successful releases

Before you do, you'll want to look at a few things and ask yourself several questions. You might be surprised to find that a news release isn't the best way to get the results you're seeking. Or if it is, going through these steps will help insure you get the most success you can.

Is the topic about which you want to write a news release really news? Many people are surprised to find that news as we see it isn't news as the media sees it.

1. Is it timely? To the news media, that's defined by when something takes place. In most cases, it's only news when it's current or in the future. If it happened yesterday, it's probably not news. And even when the media covers something that did already happen, you'll find that you'll get greater results if you can frame that news in a context focused on the future.

2. Is it unique, different, unusual, the first, the only? News media's job is not to report on the "same old, same old." It's critical to take a fresh look at old subjects, and to frame your information in the context of how it stands out.

3. Does it have broad public appeal? Is your piece of

information something in which anyone reading/listening to/ watching the intended media outlet would have interest?

4. Does it have a local angle? If you're looking at your local news media, remember that everything must have a specific local tie. The more specific, the better.

The bottom line is that not every event, undertaking, or piece of information is news. Many items are really promotional in nature, and aren't news. Writing a news release to promote will work against all your efforts. (There are other ways to promote.)

And in the United States, First Amendment rights insure that news is defined as whatever the reporter, editor, or producer says it is. We can try to determine specific reporters' ideas of news and interest, and seek to provide that type of information, but otherwise, we have no control over the content of what the news media decides to write or talk about. In that light, we have control over the flow of information and the framework in which it is presented, but the news media has control over what does or does not appear on the air or in print.

Pass all criteria? Next time, we'll discuss the next step to take BEFORE writing your news release: determining who you'd like to see that release.



# FLORIDA LMSC RECORDS

## Long Course Meters (As of 9/30/03)

### W O M E N

		50 FREE		100 FREE		200 FREE		400 FREE		800 FREE		1500 FREE						
19-24	27.42	He Skaggs	SPM-02	1:00.16	He Skaggs	SPM-02	<b>2:14.20</b>	C Watkins	ORLM-03	4:47.31	Maureen Jones	SMS-86	<b>12:03.44</b>	Marly Wilson	<b>300-03</b>	19:13.40	Maureen Jones	SMS-86
25-29	27.50	Mary Holmes	HLJ-88	58.97	R Seaman	HLJ-87	2:09.66	Mary Holmes	HLJ-88	4:31.02	Mary Holmes	HLJ-88	9:18.74	Mary Holmes	HLJ-88	18:13.30	Mary Roebuck	HLJ-90
30-34	27.44	R Seaman	HLJ-89	1:00.36	R Seaman	HLJ-89	2:10.63	Mary Roebuck	HLJ-94	4:34.04	Mary Roebuck	HLJ-94	9:24.87	Mary Roebuck	HLJ-94	18:12.67	Mary Roebuck	HLJ-94
35-39	28.26	Mary Roebuck	HLJ-98	1:00.25	S Halfacre	HLJ-88	2:09.33	S Halfacre	HLJ-88	4:33.08	S Halfacre	HLJ-88	9:24.54	S Halfacre	HLJ-88	19:05.22	C Petersen	SPM-99
40-44	28.64	Martha Martin	HLJ-88	1:03.40	Martha Martin	HLJ-88	2:18.31	C Shonkwiler	ORLM-00	4:52.25	C Shonkwiler	ORLM-01	10:51.11	Wanda Brown	BRAT-97	20:30.28	Wanda Brown	BRAT-97
45-49	30.32	Jean Banks	HLJ-02	1:05.90	Jean Banks	HLJ-01	2:24.47	S Halfacre	300-97	5:07.09	S Halfacre	300-97	10:39.38	S Halfacre	300-97	20:14.33	S Halfacre	300-97
50-54	<b>31.35</b>	S Halfacre	GSC-03	1:06.02	S Halfacre	GSC-02	2:26.27	S Halfacre	GSC-02	5:05.16	S Halfacre	GSC-02	10:55.74	S Halfacre	GSC-02	20:43.17	S Halfacre	GSC-02
55-59	<b>33.96</b>	Anne Page	SPM-03	1:16.37	Jayne Lambke	SPM-94	2:49.54	Jayne Lambke	SPM-95	6:01.43	Jayne Lambke	SPM-94	12:36.62	Jayne Lambke	SPM-94	24:33.26	Jayne Lambke	SPM-95
60-64	34.97	Jayne Lambke	SPM-99	1:19.52	Jayne Lambke	SPM-99	2:58.92	Jayne Lambke	SPM-99	6:25.33	Jayne Lambke	SPM-99	13:21.21	Jayne Lambke	SPM-99	25:34.74	Jayne Lambke	SPM-99
65-69	38.15	Pat Tullman	FMM-02	1:24.27	Pat Tullman	FMM-02	3:07.68	Florence Carr	HLJ-90	6:30.19	Florence Carr	HLJ-90	13:50.69	Florence Carr	HLJ-90	26:18.31	Florence Carr	HLJ-90
70-74	38.02	Jean Troy	FMM-00	1:25.89	Florence Carr	SPM-95	3:10.42	Jean Troy	FMM-99	6:54.91	Jean Troy	FMM-00	15:07.83	Florence Carr	SPM-95	28:30.06	Florence Carr	SPM-95
75-79	37.48	Jean Troy	FMM-02	1:28.07	Jean Troy	FMM-02	<b>3:17.42</b>	Jean Troy	<b>FMM-03</b>	6:55.62	Jean Troy	FMM-02	<b>14:16.39</b>	Jean Troy	<b>FMM-03</b>	<b>27:09.75</b>	Jean Troy	<b>FMM-03</b>
80-84	45.06	B Cederlund	SPCO-01	<b>1:45.54</b>	B Cederlund	SPCO-03	3:55.25	B Cederlund	SPCO-02	8:06.90	B Cederlund	SPCO-02	17:00.19	B Cederlund	SPCO-01	35:02.14	B Cederlund	SPCO-01
85-89	<b>1:03.10</b>	Gertrud Zint	<b>FMM-03</b>	2:27.02	Kay Schimpf	FMM-02	5:03.57	Kay Schimpf	FMM-02	10:44.19	Kay Schimpf	FMM-02	21:33.20	Kay Schimpf	FMM-02	40:59.00	Kay Schimpf	FMM-02
90-94																		
95-99																		
		50 BACK		100 BACK		200 BACK		50 BREAST		100 BREAST		200 BREAST						
19-24	32.10	He Skaggs	SPM-02	1:10.40	A Crowe	FAST-99	2:32.31	A Crowe	FAST-99	37.12	Eliz Sollee	TEAM-93	1:22.11	Eliz Sollee	TEAM-93	3:02.23	C Hamilton	SPM-98
25-29	31.88	Tanya Lane	SPM-98	1:08.44	Michelle Falls	JUN-83	2:28.54	Tanya Lane	SPM-98	34.36	R Seaman	HLJ-87	1:18.31	R Seaman	HLJ-87	2:54.09	Tanya Lane	SPM-98
30-34	34.19	V Richardson	IRCC-97	1:14.15	Karen Becker	CVST-01	2:43.80	Marq Keller	ORLM-97	36.61	Carol West	TDY-97	1:20.21	R Seaman	HLJ-89	2:56.34	Maud Orlando	DLNM-96
35-39	33.75	C Shonkwiler	UNA-96	1:14.44	C Shonkwiler	UNA-96	<b>2:38.65</b>	C Petersen	<b>SPM-03</b>	36.95	R Seaman	ORLM-97	1:22.46	Deb Walker	SMS-87	3:00.05	Deb Walker	SMS-88
40-44	34.58	C Shonkwiler	SPM-00	1:16.47	J Stefanik	SPM-92	2:45.63	J Stefanik	SPM-92	38.16	Deb Walker	SMS-92	1:22.72	Deb Walker	SMS-92	3:03.11	Judy Tibma	SPM-99
45-49	36.48	S Halfacre	300-97	1:21.61	S Halfacre	300-97	<b>2:58.69</b>	Jean Bancks	<b>HLJ-03</b>	38.67	Deb Walker	SWIM-97	1:23.54	Deb Walker	SWIM-97	3:01.69	Deb Walker	SWIM-97
50-54	35.51	S Halfacre	GSC-02	1:18.30	S Halfacre	GSC-02	2:56.62	S Halfacre	GSC-02	<b>39.54</b>	Deb Walker	<b>SWIM-03</b>	<b>1:27.07</b>	Deb Walker	<b>SWIM-03</b>	<b>3:10.20</b>	Deb Walker	<b>SWIM-03</b>
55-59	<b>44.25</b>	Lynn Cartee	<b>SWIM-03</b>	<b>1:34.24</b>	Lynn Cartee	<b>SWIM-03</b>	<b>3:22.29</b>	Lynn Cartee	<b>SWIM-03</b>	<b>42.08</b>	Meegan Wilson	<b>300-03</b>	<b>1:35.42</b>	Meegan Wilson	<b>300-03</b>	<b>3:27.76</b>	Meegan Wilson	<b>300-03</b>
60-64	46.60	Marg Morrison	SPM-83	1:44.06	Patricia Bond	FMM-01	3:41.36	Patricia Bond	FMM-01	47.23	E Bromwich	SPM-02	1:38.70	E Bromwich	SPM-02	4:03.90	J Piper	SPM-98
65-69	45.90	Ann Champ	FMM-00	1:40.16	Ann Champ	FMM-00	3:33.24	Ann Champ	FMM-00	48.39	Sylvia Eisele	SWIM-97	1:49.24	Sylvia Eisele	SWIM-97	4:02.86	Sylvia Eisele	SWIM-97
70-74	44.53	B Cederlund	SPCO-92	1:43.63	B Cederlund	SPCO-94	3:50.83	Regan Kenner	FMM-97	49.69	Sylvia Eisele	SWIM-00	1:51.69	Sylvia Eisele	SWIM-00	4:03.64	Sylvia Eisele	SWIM-00
75-79	46.98	B Cederlund	SPCO-97	1:46.70	B Cederlund	SPCO-97	3:59.73	Regan Kenner	FMM-00	55.00	Gertrud Zint	HLJ-94	2:04.25	Regan Kenner	FMM-99	4:28.51	Regan Kenner	FMM-99
80-84	46.39	B Cederlund	SPCO-02	1:48.64	B Cederlund	SPCO-02	3:59.73	B Cederlund	SPCO-02	<b>1:03.28</b>	Regan Kenner	<b>FMM-03</b>	<b>2:19.06</b>	Regan Kenner	<b>FMM-03</b>	<b>4:56.18</b>	Regan Kenner	<b>FMM-03</b>
85-89	<b>1:10.42</b>	Gertrud Zint	<b>FMM-03</b>	2:40.03	Gertrud Zint	FMM-02	5:43.06	Gertrud Zint	FMM-02	1:10.13	Gertrud Zint	FMM-02	2:47.09	Gertrud Zint	FMM-02	6:12.98	Gertrud Zint	FMM-02
90-94																		
95-99																		
		50 FLY		100 FLY		200 FLY		100 IM		200 IM		400 I.M.						
19-24	<b>29.53</b>	He Skaggs	<b>SPM-03</b>	1:05.28	He Skaggs	SPM-02	2:36.49	S Brownstein	SPM-88				2:38.04	Abigail Goff	FAST-99	5:26.44	Abigail Goff	FAST-99
25-29	28.79	R Seaman	HLJ-87	1:03.91	R Seaman	HLJ-87	2:35.01	Linda Neary	HLJ-92				2:27.60	Lisa Summers	SPM-97	5:17.40	Lisa Summers	SPM-97
30-34	29.92	R Seaman	HLJ-89	1:06.24	R Seaman	HLJ-89	2:33.58	Karen Becker	ACTT-00				2:32.31	Mary Roebuck	HLJ-92	5:26.77	Mary Roebuck	HLJ-94
35-39	29.27	S Halfacre	HLJ-88	1:05.39	S Halfacre	HLJ-88	2:35.71	Karen Becker	CVST-02				2:34.44	Mary Roebuck	HLJ-98	5:49.77	Karen Becker	CVST-02
40-44	30.54	Martha Martin	HLJ-87	1:10.22	Martha Martin	HLJ-86	3:02.77	J Stefanik	SPM-92				2:51.50	Judy Tibma	SPM-99	6:11.17	J Harrelson	SPM-98
45-49	32.49	S Halfacre	300-97	1:22.26	B Hoellen	HLJ-89	3:13.41	B Hoellen	HLJ-88				2:46.03	Deb Walker	SWIM-97	6:22.60	J Harrelson	SPM-02
50-54	34.12	S Halfacre	GSC-02	1:17.18	Anne Grams	DBMS-98	2:59.46	Anne Grams	DBMS-98				2:58.52	Anne Grams	DBMS-98	6:48.24	Lynn Cartee	SWIM-98
55-59	39.07	Jayne Lambke	SPM-95	1:33.41	Jayne Lambke	SPM-94	3:32.63	Jayne Lambke	SPM-95				<b>3:23.12</b>	Meegan Wilson	<b>300-03</b>	<b>7:10.40</b>	Meegan Wilson	<b>300-03</b>
60-64	40.28	Jayne Lambke	SPM-99	1:39.63	Jayne Lambke	SPM-99	4:20.08	N Durstein	CATM-93				3:35.89	Jayne Lambke	SPM-99	7:43.95	Jayne Lambke	SPM-99
65-69	43.55	Florence Carr	HLJ-90	1:54.31	Pat Tullman	FMM-02	4:07.93	Sylvia Eisele	SWIM-97				3:34.41	Florence Carr	HLJ-90	7:57.09	Florence Carr	HLJ-90
70-74	46.47	Florence Carr	SPM-95	1:55.57	Jean Troy	FMM-00	4:13.41	Sylvia Eisele	SWIM-00				3:54.67	Jean Troy	FMM-00	8:30.77	Florence Carr	SPM-95
75-79	47.74	Jean Troy	FMM-02	1:58.51	Jean Troy	FMM-02	5:16.46	June Reynolds	SPM-97				<b>4:16.09</b>	Jean Troy	<b>FMM-03</b>	<b>9:04.69</b>	Jean Troy	<b>FMM-03</b>
80-84	1:06.70	June Reynolds	FMM-02	2:32.29	June Reynolds	FMM-02	<b>6:05.25</b>	June Reynolds	<b>FMM-03</b>				<b>5:14.08</b>	June Reynolds	<b>FMM-03</b>	11:22.65	Kay Schimpf	SPM-97
85-89	1:27.40	Gertrud Zint	FMM-02	3:51.78	Kay Schimpf	FMM-02	13:47.11	Sally Scott	HLJ-94				6:08.67	Gertrud Zint	FMM-02	<b>13:38.34</b>	Gertrud Zint	<b>FMM-03</b>
90-94																		
95-99																		

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Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.

# FLORIDA LMSC RELAY RECORDS

## Long Course Meters (As of 9/30/03)

200 FREE-WOMEN		200 MEDLEY-WOMEN		400 FREE-WOMEN		400 MEDLEY-WOMEN		800 FREE-WOMEN	
76+	2:09.89 Booth, Markese Truhol, Cullen SPM-86	2:27.05 Burger, Braciak Truhol, Booth SPM-87							
100+	1:53.20 Holmes, Halfacre Mauer, Bucher HLJ-88	2:06.67 Mauer, Walker Bucher, Holmes HLJ-88	4:44.86 Valle, Flanagan Trompke, Forkois SPM-02	5:20.15 V Der Molen, Visser Habecker, Sirbu ORLM-97					
120+	1:55.70 Summers, S'wiler Nauta, Petersen SPM-98	2:08.97 Lane, Summers Orlando, Petersen SPM-98	4:50.91 Abraham, Stott A'strong, Bellflower SPM-97	4:53.42 Keller, Lense Seaman, Shonkwiler ORLM-97	9:44.01 Seaman, Keller Matsuzaki, S'wiler ORLM-97				
160+	2:05.76 Schmidt, Lambke Page, Hoppenrath SPM-92	2:23.16 Stefanick, Lambke Flanagan, Page SPM-91	4:41.68 Orlando, Powell Tibma, Nauta SPM-97	5:26.44 Nauta, Orlando Tibma, Powell SPM-97	10:20.09 Nauta, Orlando Tibma, Powell SPM-97				
200+	2:13.96 Roper, Spangler Roebuck, Carr HLJ-90	2:31.92 Powell, Bromwich Page, Lambke SPM-97	5:13.92 Page, Bromwich Lambke, Kelly SPM-97	6:05.11 Brewer, Bromwich Lambke, Page SPM-97	14:15.47 K-Perry, Lambke Bromwich, Steer SPM-95				
240+	2:45.62 Piper, Carr Allen, Lambke SPM-95	3:17.52 Carr, Zint Bowen, Glaraton HLJ-93	7:09.38 Knight-Perry, Steer Piper, Bromwich SPM-02	8:24.26 Hutinger, Prokopi Reynolds, Mitchell SPM-95	13:12.45 Bromwich, Steer Carr, Lambke SPM-97				
280+	2:56.10 Kenner, Tullman Homans, Carr FMM-02	3:35.94 Zint, Carr Glaraton, Sullivan HLJ-94	7:57.85 Steer, Schimpf Reynolds, Carr SPM-97	9:06.33 Reynolds, Steer Carr, Schimpf SPM-97					
320+	3:46.42 Schimpf, Zint Reynolds, Carr FMM-02		8:57.69 Schimpf, Hughes Reynolds, Carr FMM-02	10:19.75 Hughes, Reynolds Troy, Schimpf FMM-02	19:29.28 Schimpf, Hughes Reynolds, Carr FMM-02				
200 FREE-MEN		200 MEDLEY-MEN		400 FREE-MEN		400 MEDLEY-MEN		800 FREE-MEN	
76+	1:42.54 Burns, Carr Mital, Zarka TEAM-93	1:54.94 Burns, Constantini Stelle, Zarka TEAM-93							
100+	1:40.69 Smith, Barton Hoffman, Eaton SPM-97	1:50.79 Hoffman, Smith Barton, Eaton SPM-97	4:03.05 Frazier, Hempel Freeman, Barton SPM-97	4:50.75 Milligan, Hempel Bastie, Barton SPM-97	9:49.78 Quillen, Murphy Dawson, Gornto GSC-01				
120+	1:37.69 Parnelle, Haase Combs, Merritt ORLM-95	1:52.80 Specht, Galloway Barton, Halfast SPM-99	3:55.55 Black, Woodsum Williams, Schlak ATAC-00	4:40.43 Black, Schlak Williams, Woodsum ATAC-00	9:18.31 Frazier, Bastie Atkins, Kennedy SPM-97				
160+	1:39.27 Dilley, Miltenberger Abrahams, Garton HLJ-90	1:56.96 Buresh, Halttunen Specht, Forrestel SPM-97	4:38.87 Nickodem, Nadle Siragusa, Pillmore HLJ-03	5:12.54 Smith, Van Der Veen Freeman, Kennedy SPM-97	10:09.72 Walker, Redic Sweeting, Vazmina SWIM-01				
200+	1:51.75 Brick, Bastman Hawkins, Scott TBAC-01	1:59.68 Brewer, Stollmeyer Shea, Stegman SWIM-97	5:09.85 Welpott, Mann Weatherbee, Beattie ORLM-97	6:10.46 Hutinger, MacDonald Kurtzman, Maloney FMM-97	12:49.47 Hall, Cox Ferris, Kohnken SPM-97				
240+	2:08.31 Jones, Taylor Holmes, Sears HLJ-90	2:29.82 Coulter, Walker Geer, Woods SWIM-97	5:47.69 Euler, Torsney Kohnken, Beach SPM-02	8:30.79 Avery, Torsney Allen, Walbolt SPM-97	12:49.94 Beach, Kohnken Torsney, Euler SPM-02				
280+	2:29.30 Avery, Beach Kohnken, Smith SPM-98	2:38.18 Hutinger, M'Donald J Kurtzman, Maloney FMM-99							
320+	2:45.81 P Hutinger, Cleveland J Kurtzman, Blake FMM-03	3:00.89 P Hutinger, Cleveland J Kurtzman, Blake FMM-03							
200 FREE-MIXED		200 MEDLEY-MIXED		400 FREE-MIXED		400 MEDLEY-MIXED		800 FREE-MIXED	
76+	1:51.05 Burns, Wise Sollee, Carr TEAM-93	2:02.88 Constantini, Farr Burns, Sollee TEAM-93	4:37.74 Murphy, D Sirbu Habecker, White ORLM-97						
100+	1:46.89 Eaton, Stone Summers, Barton SPM-97	2:00.53 Hoffman, Stone Summers, Eaton SPM-97	4:15.33 Orlando, W Hempel Nauta, Barton SPM-97	5:02.12 VanDerMolen, White Habecker, Korey ORLM-97	9:03.87 Seaman, Shonkwiler Scray, Meisenheimer ORLM-97				
120+	1:50.58 Tibma, Barton Moses, Halfast SPM-99	2:03.67 Tibma, Orlando Specht, Halfast SPM-99	4:02.04 Seaman, M'tenberger S'wiler, M'heimer ORLM-97	4:41.21 S'wiler, M'tenberger Seaman, M'heimer ORLM-97	9:42.98 Halfacre, Nixon Berqdoll, Perout 300-97				
160+	1:48.26 M'tenberger, Seaman S'wiler, M'heimer ORLM-97	2:02.49 S'wiler, M'tenberger Seaman, M'heimer ORLM-97	5:15.72 Kelly, Van Der Veen Lambke, Marzulli SPM-97	5:43.81 Betzer, Bronwich Lambke, Ferris SPM-97	10:55.35 Walker, Cartee Soderstrom, Ley SWIM-03				
200+	2:01.86 Bastie, Page L Powell, C'rington SPM-98	2:18.72 Betzer, Bronwich Bastie, Page SPM-97	5:58.57 Smith, Ferris Carr, Bronwich SPM-97	7:01.15 Avery, Bronwich Torsney, Steer SPM-97	12:38.05 Geer, Gilligan Garbus, Redic SWIM-00				
240+	2:22.31 Walker, Papp Dendy, Glancy SMS-93	2:46.26 Gilligan, Eisele Geer, R Walker SWIM-00	7:10.49 Kenner, Malbrough DProkopi, PHutinger FMM-97	7:08.71 Lathi, Weatherbee Tullman, Troy FMM-03	12:54.80 J Troy, MacDonald Tullman, Browne FMM-03				
280+	2:29.40 Weatherbee, Tullman Carr, Maloney FMM-02	2:53.93 Kenner, A Kurtzman J Kurtzman, Troy FMM-99	7:39.20 Schimpf, Williams Troy, Cleveland FMM-03	8:38.28 P Hutinger, Zint MacDonald, Reynolds FMM-03	18:22.91 Reynolds, Zint P Hutinger, Williams FMM-03				
320+	3:24.19 Luke, Zint Kenner, Cleveland FMM-02	3:33.41 Kenner, Zint Maloney, Cleveland FMM-02							

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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

## Long Course Meters (As of 9/30/03)

### M E N

50 FREE			100 FREE			200 FREE			400 FREE			800 FREE			1500 FREE		
19-24	24.54	Andrew Eaton SPM-97	54.16	C Stevenson FAST-88	2:01.49	C Stevenson FAST-89	4:20.67	A Constantini TEAM-93	10:18.38	John White ORLM-97	18:06.12	Al Constanini TEAM-93					
25-29	23.69	R Ramirez FST-85	54.53	R Ramirez FST-85	2:03.72	Paul Robinson ORLM-93	4:23.17	Rob Nichols CYM-85	9:25.52	Rob Nichols CYM-85	17:08.92	R Nichols CYM-86					
30-34	24.21	C M Halfast SPM-99	53.64	C M Halfast SPM-99	2:02.40	A Farrell ORLM-00	4:24.29	A Farrell ORLM-02	9:00.59	F Constantini HLJ-00	17:06.73	R Nichols CYM-88					
35-39	24.67	C M Halfast SPM-00	54.22	C M Halfast SPM-00	2:02.88	Meisenheimer ORLM-94	4:25.55	C Williams BRAT-97	9:09.59	Brant Bittner HLJ-88	18:21.08	Meisenheimer ORLM-95					
40-44	25.44	Miltenberger ORLM-94	56.19	Miltenberger ORLM-94	2:05.33	Wm Specht SPM-01	4:25.45	Wm Specht SPM-99	9:12.22	Wm Specht SPM-01	18:27.74	Larry Black SWIM-99					
45-49	25.42	S Allorritton SPM-03	57.09	Miltenberger ORLM-97	2:07.07	William Hempel SPM-03	4:30.59	William Hempel SPM-03	9:25.22	William Hempel SPM-03	18:10.83	Mark Drennen SWIM-03					
50-54	26.63	J Perout GSC-03	57.66	J Perout GSC-03	2:06.84	J Perout GSC-03	4:43.93	Rick Walker SWIM-00	9:58.15	Rick Walker SWIM-00	19:10.80	Rick Walker SWIM-02					
55-59	28.14	Thomas Peek UNA-03	1:03.52	George Brick TBAC-03	2:21.82	Burwell Jones HLJ-90	4:58.41	Burwell Jones HLJ-88	10:24.08	Burwell Jones HLJ-88	19:54.72	Burwell Jones HLJ-90					
60-64	28.62	John Smith HLJ-98	1:04.36	John Smith HLJ-98	2:36.63	Jack Beattie ORLM-95	5:37.86	Burwell Jones SMS-94	12:40.20	Chas Kohnken SPM-93	24:09.98	Bob Beach SPM-91					
65-69	30.25	John Smith SWIM-03	1:07.52	Dren Geer SWIM-99	2:34.41	Dren Geer SWIM-99	5:43.70	Dren Geer SWIM-99	12:47.42	Dren Geer SWIM-99	24:08.77	M Stollmeyer SWIM-03					
70-74	32.14	Donald Sonia IRCC-02	1:08.57	Burwell Jones SWIM-03	2:36.82	Burwell Jones SWIM-03	5:28.97	Burwell Jones SWIM-03	11:35.34	Burwell Jones SWIM-03	23:52.05	Robert Beach SPM-02					
75-79	33.57	Paul Hutinger FMM-00	1:23.27	R MacDonald FMM-03	3:18.72	John Woods SWIM-00	7:24.74	John Woods SWIM-00	15:28.65	Robert Blake FMM-03	30:19.88	Elmer Luke FMM-01					
80-84	37.75	R Holmes HLJ-03	1:33.30	B Cleveland FMM-99	3:49.00	B Cleveland ORLM-98	7:43.68	Peter Jurczyk IRCC-86	17:57.84	J Johnston SPM-96	34:03.67	J Johnston SPM-96					
85-89	40.47	B Cleveland FMM-02	1:39.66	B Cleveland FMM-02	4:11.14	C Lindstrand UNA-97	9:24.56	Fred Walbolt SPM-98	25:32.63	F Tillotson FMM-02	37:57.02	D Malbrough FMM-98					
90-94	1:07.19	Frank Starr FMM-00	2:30.07	Fred Walbolt SPM-02	5:22.16	Fred Walbolt SPM-02	11:41.78	Fred Walbolt SPM-03									
95-99																	
50 BACK			100 BACK			200 BACK			50 BREAST			100 BREAST			200 BREAST		
19-24	28.06	C Stevenson FAST-87	1:01.85	C Stevenson FAST-87	2:15.36	C Stevenson FAST-87	32.39	Greg Burns TEAM-93	1:15.24	Greg Burns TEAM-93	2:54.78	A Constantini TEAM-87					
25-29	29.09	Brad Hoffman SPM-97	1:02.75	Brad Hoffman SPM-97	2:17.77	S Barnicoat ORLM-89	29.90	Rob Butcher DBMS-99	1:06.21	Rob Butcher DBMS-99	2:32.10	Rob Butcher DBMS-98					
30-34	30.03	Wm Specht SPM-91	1:01.69	Wm Specht SPM-92	2:20.62	A Farrell ORLM-00	30.88	Miltenberger CF-82	1:09.80	Miltenberger CF-86	2:46.47	John Galloway SPM-99					
35-39	28.53	Wm Specht SPM-93	1:00.95	Wm Specht SPM-93	2:15.03	Wm Specht SPM-94	31.52	Miltenberger CF-87	1:10.20	Miltenberger CF-87	2:38.58	Miltenberger HLJ-88					
40-44	28.88	Wm Specht SPM-99	1:02.48	Wm Specht SPM-98	2:15.49	Wm Specht SPM-99	31.35	Miltenberger ORLM-92	1:10.34	Miltenberger ORLM-93	2:38.71	Mich Drews SMS-95					
45-49	29.41	Wm Specht SPM-03	1:04.12	Wm Specht SPM-03	2:20.14	Wm Specht SPM-03	31.54	Miltenberger ORLM-98	1:12.44	Miltenberger ORLM-97	2:46.80	Miltenberger ORLM-97					
50-54	30.36	Casey Claffin SWIM-03	1:07.42	Casey Claffin SWIM-03	2:30.10	J Perout GSC-03	35.01	James Stine SPM-01	1:22.10	Rick Walker SWIM-03	2:59.31	Rick Walker SWIM-03					
55-59	34.45	Jack Beattie HLJ-90	1:13.15	Jack Beattie HLJ-90	2:44.29	Burwell Jones HLJ-90	36.83	Scott Guthrie UNA-02	1:24.53	Peter Betzer SPM-99	3:07.34	Peter Betzer SPM-99					
60-64	33.68	John Smith HLJ-98	1:16.26	Jack Beattie ORLM-95	2:49.57	Jack Beattie ORLM-95	39.45	Don Puchalski CATM-02	1:25.12	Peter Betzer SPM-02	3:10.96	Peter Betzer SPM-02					
65-69	35.22	John Smith SWIM-03	1:19.35	John Smith SWIM-03	2:58.84	John Smith SWIM-03	41.66	T Koenig OMSC-97	1:34.72	T Koenig OMSC-97	3:33.87	R MacDonald FMM-97					
70-74	37.10	Paul Hutinger SPM-95	1:19.14	Burwell Jones SWIM-03	2:56.59	Burwell Jones SWIM-03	41.42	R MacDonald FMM-99	1:36.03	R MacDonald FMM-99	3:29.06	R MacDonald FMM-99					
75-79	39.24	Paul Hutinger FMM-00	1:29.93	Paul Hutinger FMM-00	3:22.94	Paul Hutinger FMM-00	44.45	R MacDonald FMM-03	1:40.35	R MacDonald FMM-03	3:36.45	R MacDonald FMM-03					
80-84	45.51	R Holmes HLJ-03	1:42.92	D Malbrough FMM-97	3:54.47	R Holmes HLJ-03	49.89	B Cleveland ORLM-98	2:01.07	B Cleveland FMM-99	4:27.49	D McCullough ORLM-98					
85-89	52.48	D Malbrough FMM-99	2:04.83	D Malbrough FMM-99	4:44.27	D Malbrough FMM-98	54.29	B Cleveland FMM-02	2:13.14	B Cleveland FMM-02	5:19.47	B Cleveland FMM-02					
90-94	1:14.07	Peter Jurczyk IRCC-96	2:40.66	Peter Jurczyk IRCC-96	5:55.98	Peter Jurczyk IRCC-96	1:41.30	Frank Starr FMM-00	3:56.75	Frank Starr FMM-00							
95-99																	
50 FLY			100 FLY			200 FLY			100 I.M.			200 I.M.			400 I.M.		
19-24	25.44	N-Kuan Chia BRAT-00	57.65	N-Kuan Chia BRAT-00	2:13.67	C Stevenson FAST-87	2:20.56	Eric Prokopi FMM-97	5:10.93	A Constantini TEAM-94							
25-29	26.30	N-Kuan Chia UNA-02	58.71	C Stevenson FAST-90	2:14.41	T Smith HLJ-91	2:19.01	Jack Thomas SWIM-97	5:01.03	Jack Thomas SWIM-97							
30-34	26.44	Wm Specht SPM-92	58.85	Wm Specht SPM-92	2:17.41	Wm Specht SPM-91	2:18.08	C M Halfast SPM-99	5:14.80	S McMillen IRCC-87							
35-39	26.14	Wm Specht SPM-93	57.39	Wm Specht SPM-94	2:08.51	Wm Specht SPM-94	2:23.32	John Galloway SPM-01	5:04.63	Brant Bittner HLJ-88							
40-44	26.33	Wm Specht SPM-98	57.79	Wm Specht SPM-99	2:09.47	Wm Specht SPM-98	2:19.21	Mich Drews SMS-95	5:04.18	Mich Drews SMS-95							
45-49	27.03	Wm Specht SPM-03	59.38	Wm Specht SPM-03	2:11.02	Wm Specht SPM-03	2:26.11	Eddie Riach SPM-98	5:19.72	Wm Specht SPM-93							
50-54	28.2	John McCall ORLM-03	1:01.93	John McCall ORLM-03	2:36.29	John McCall ORLM-01	2:34.74	John McCall ORLM-03	5:24.76	John McCall ORLM-03							
55-59	30.47	Thomas Peek UNA-03	1:13.94	Burwell Jones HLJ-88	3:13.77	T Mahaffy HLJ-93	2:43.97	Burwell Jones HLJ-90	5:56.57	Burwell Jones HLJ-88							
60-64	31.19	John Smith HLJ-98	1:27.68	M Tschirret BRAT-97	3:18.82	M Tschirret BRAT-97	2:49.57	Jack Beattie ORLM-95	6:47.30	Peter Betzer SPM-02							
65-69	32.53	John Smith SWIM-03	1:30.15	Dren Geer SWIM-99	3:34.52	Dren Geer SWIM-99	3:16.66	Paul Hutinger SPM-93	7:09.58	Dren Geer SWIM-00							
70-74	35.82	J Kurtzman FMM-97	1:29.49	J Kurtzman FMM-97	3:40.85	J Kurtzman FMM-97	3:20.04	Thomas Smith SPM-97	6:32.11	Burwell Jones SWIM-03							
75-79	39.78	R Holmes HLJ-97	1:41.45	R MacDonald FMM-03	4:06.73	J Kurtzman FMM-01	3:34.41	R MacDonald FMM-03	8:39.06	J Johnston SPM-91							
80-84	46.93	R Holmes HLJ-03	2:32.85	D McCullough ORLM-98	5:25.53	D McCullough ORLM-98	4:48.16	B Cleveland FMM-99	10:17.57	D McCullough ORLM-98							
85-89	1:41.89	F Tillotson FMM-00	3:01.15	D McCullough FMM-00	7:01.72	D McCullough FMM-00	5:41.89	D McCullough FMM-00	12:47.66	D McCullough FMM-00							
90-94							7:08.31	Peter Jurczyk IRCC-96									
95-99																	

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Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.





## Georgia Master Swimming

# St. Nicholas SCM Invitational Dixie Zone SCM Championship December 6<sup>th</sup> & 7<sup>th</sup> 2003

<b>Dates &amp; Schedule:</b>	<p><b>Saturday 6<sup>th</sup> December, 2003</b>  1500 M Free: Warm Up 8:00 - 8:45 AM; Start at 9:00 AM  800 M Free: Warm-up 8:00 - 8:45 AM; Start at 9:00 AM  Events 5-28 Warm-up Noon - 12:45 PM; Start at 1:00 PM</p> <p><b>Sunday 7<sup>th</sup> December, 2003</b>  Events 29-55 Warm Up 8:00 - 8:45 AM; Start at 9:00 AM</p>
<b>Sponsors:</b>	Georgia Killer Whales and Atlanta Rainbow Trout
<b>Sanction:</b>	Held Under the Sanction/Approval of USMS, Inc. & Georgia LMSC.
<b>Sanction Number:</b>	453-S07
<b>Location &amp; Directions:</b>	Mountain View Aquatic Center, 2650 Gordy Parkway, Marietta, GA 770-509-4925 I-75 To Exit 267-A. Go EAST To 1 <sup>st</sup> Traffic Light (Sandy Plains Road). Turn RIGHT. Go approximately 5 miles To Gordy Parkway Intersection. Turn LEFT. Mountain View Pool is 100 feet on your right.
<b>Facilities:</b>	10 lanes, 25-meter indoor pool opened in 2000 with a state of the art electronic timing system. Separate warm-up and cool down pool.
<b>Entries:</b>	<p><b>Deadline:</b> Entries must be received by <b>22 NOVEMBER 2003</b> to allow for computer seeding. Please list a seedtime for an individual event. If you are unsure of a time, please provide an estimate. This will improve the efficiency of running the meet and your experience.</p> <p><b>You can enter the 800m OR 1500m free, but NOT BOTH.</b> Each swimmer is limited to 5 individual events per day. You may wish to designate an alternate event if you've entered the 800m or 1500m in case it has filled up. Relays will be deck entered. <b>NO DECK ENTRIES for INDIVIDUAL EVENTS.</b> All relay participants must be registered for the meet. Late entries and entries without valid USMS numbers will be returned.</p> <p><b>Complete the entry form. Sign the Release Waiver. Make and keep a copy</b></p> <p><b>Mail your entry and payment to:</b> Lisa Watson 804 Howell Ct., Duluth, GA 30096</p>
<b>USMS Registration:</b>	2003 or 2004 USMS registration required. You must submit a copy of your current USMS card with your entry. Age of competitors on December 31, 2003 will determine age group. Contact Bill Lotz at <a href="mailto:blotz@mindspring.com">blotz@mindspring.com</a> or 404-261-1906 to obtain your USMS card or to register
<b>Fees:</b>	<p><b>Submit all fees (except relays which can be paid at the meet) with your entry. Sorry NO REFUNDS.</b></p> <ul style="list-style-type: none"> <li>\$15.00 general surcharge for electronic timing, heat sheet and pool certification</li> <li>\$3.00 per individual event;</li> <li>\$5.00 per relay entry</li> </ul> <p><b>Make Checks payable to GEORGIA MASTERS</b></p>
<b>Seeding:</b>	There will be three (3) heats for the 800m Free and three (3) heats for the 1500m Free. <b>The 800m and 1500m Freestyle will be limited to the first 24 entrants per event.</b> The 800m and 1500m events will be deck seeded by time, going FAST to SLOW. Distance swimmers may want to enclose a self-addressed stamped envelope with their entry to receive a confirmation. All Other events will be seeded SLOW to FAST. Women's events will be followed by men's events.
<b>Rules:</b>	Current 2003 USMS Rules will apply.
<b>Awards:</b>	<p><b>Individual:</b> Ribbons will be awarded for 1<sup>st</sup> - 8<sup>th</sup> place in each age group, in each individual event and 1<sup>st</sup> - 3<sup>rd</sup> place for relay events. Awards will be given to HIGH POINT swimmers in each age group. You must swim a minimum of 5 individual events to qualify. Scoring will be 9-7-6-5-4-3-2-1 for individual events and 18-14-12-10-8-6-4-2 for relays.</p> <p><b>Team:</b> TOP 3 High Point Awards will also be given to Out of State and Georgia Teams.</p>
<b>Lodging:</b>	<p><b>Holiday Inn Express</b> (Meet HQ) (770) 427-5210; Exit 269 (I-75 at Barrett Parkway). Identify yourself as a Masters Swimmer at the Mt. View Meet.</p> <p><b>Other Hotels:</b></p> <ul style="list-style-type: none"> <li><b>Red Roof Inn:</b> Exit 269 I-75 at Barrett Parkway; (770) 429-0323;</li> <li><b>Fairfield Inn:</b> Exit 271 Kennesaw (770) 427-9700;</li> </ul>
<b>Dinner Social:</b>	To be held On Saturday, December 6 <sup>th</sup> after Saturday events. Details will be available at the registration desk.
<b>Meet Director:</b>	Lisa Watson - (770) 497-1901 <a href="mailto:lwatson@gc.peachnet.edu">lwatson@gc.peachnet.edu</a> 804 Howell Ct., Duluth, GA 30096



**\* 2003 POSTAL PENTATHLON SWIM MEET \***

**Sponsors:** Minnesota Masters Swim Club and Minnesota LMSC.

**Eligibility:** Open to all registered masters swimmers for the 2003 or 2004 season.

**Conduct of Meet:** Participant swims the 5 events in a specific course (Sprint, Middle Distance, or Ironman - **no mixed courses**), preferably in a 25 yard pool, Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events **must** be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, or Ironman courses. If you desire to swim more than one course you **should** swim each course on a separate day. **All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.** The pentathlon must be swum from September 1, 2003 to December 15, 2003 and the entries must be postmarked by December 24, 2003, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a \$3.00 (US funds) administration fee. All fees are nonrefundable.**

**Age Groups:** 19-24, 25-29, ... , 95-99, 100+. **Age will be determined by the swimmers' age on December 15, 2003.**

**Awards:** Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$12.00 (US funds), XXL shirts \$15.00(US). Certificates of completion are a available for \$3.00(US) per course.

**Entry Fee:** \$10.00(US) per course. Make checks payable in US funds to: **Postal Pentathlon.** All fees nonrefundable.

Send entries to: **2003 Postal Pentathlon  
c/o Sara Hromada  
PO Box 24602  
Edina, MN 55424**

**Questions:** Sarah Hromada Phone (612) 866-1990 FAX (612) 866-9517 E-Mail: rahsports@mindspring.com

*PLEASE INDICATE SHIRT SIZE WHEN ORDERING A PARTICIPATION SHIRT.*

Name: \_\_\_\_\_ USMS or foreign registration #: \_\_\_\_\_

Address: \_\_\_\_\_ Swim Club: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip/Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_

Sex: M F Phone Days: \_\_\_\_\_ Evenings: \_\_\_\_\_

Shirt Size: **S M L XL XXL** Shirt Type: **Sprint Middle Distance Ironman** Birth Date : \_\_\_/\_\_\_/\_\_\_

Entry Fee: \$ \_\_\_\_\_ Shirt: \$ \_\_\_\_\_ Certificate: \$ \_\_\_\_\_ Total Fees: \$ \_\_\_\_\_ MON /DAY /YEAR

*Enter your times for each individual event. Circle pool type: Yards / Meters.*

**Sprint course** 50 Yards/Meters each stroke and 100 IM Date Swum \_\_\_/\_\_\_/\_\_\_

Fly \_\_\_\_\_ Back \_\_\_\_\_ Breast \_\_\_\_\_ Crawl \_\_\_\_\_ IM \_\_\_\_\_

**Middle distance** 100 Yards/Meters each stroke and 200 IM Date Swum \_\_\_/\_\_\_/\_\_\_

Fly \_\_\_\_\_ Back \_\_\_\_\_ Breast \_\_\_\_\_ Crawl \_\_\_\_\_ IM \_\_\_\_\_

**Ironman course** 200 Yards/Meters each stroke and 400 IM Date Swum \_\_\_/\_\_\_/\_\_\_

Fly \_\_\_\_\_ Back \_\_\_\_\_ Breast \_\_\_\_\_ Crawl \_\_\_\_\_ IM \_\_\_\_\_

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period.

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 THESE ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: \_\_\_\_\_ Witness: \_\_\_\_\_

**IRONMAN**

**200 FLY, BACK, BREAST, CRAWL, 400 I.M.**

**SPRINT  
50 FLY, BACK, BREAST, CRAWL, 100 I.M.**

**MIDDLE DISTANCE  
100 FLY, BACK, BREAST, CRAWL, 200 I.M.**

## 2004 Annual CAT Masters Valentine Meet

February 14-15 – Hosted by Clearwater Aquatic Team Masters – Sanction # 144-005

**DATE & TIME:** Saturday, Feb. 14: warm-up at 7 AM for 1000 free which begins at 8 AM, and warm-up at 10 AM for other events which begin at 11 AM; Sunday, Feb 15: warm-up at 8 AM, meet begins at 9 AM.

**FACILITY:** The Long Center, 1501 N. Belcher Road, Clearwater, Florida. The Long Center is an indoor 50 meter x 25 yard pool. This meet will use 10 of the facility's 20 short course yard lanes with Colorado Timing for competition and 9 lanes will be provided for warm-ups during the course of the meet. All events will be swum in numerical order slow to fast. **Events 1 and 2 are limited to the first 50 to enter.** Refreshments are provided free of charge.

**ELIGIBILITY:** Current USMS rules will govern. All athletes 19 years of age and older as of February 15, 2004, and registered with USMS, Inc. Non-U.S. citizens should have a letter of introduction from their own swimming association.

**ENTRIES & FEES:** Swimmers must pre-enter by mail. **Entries must be received by Friday, February 6.** Swimmers may enter a maximum of five individual events per day. Each entry must be submitted on the entry form with your name, registered team (plus local chapter, if applicable), age, event description, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver signed, and a copy of your USMS registration card is attached. Entry fees are \$2.50 per individual event, \$4 per relay team, and a \$10 surcharge to cover the electronic timing system. Please make checks payable to **CAT Masters.**

Mail entries to: Joe Biondi, CAT Masters  
216 Elizabeth Avenue  
Clearwater, FL 33759

Scratches will be accepted and full refunds made if the meet director (Joe Biondi – 727-725-9978) is notified prior to 4 PM, February 12.

**RELAYS:** Relay teams are deck-entered at the meet Saturday and Sunday. Only team members registered for the meet may participate in relays. Age categories for relays are 19+,25+,35+,45+,55+,65+,75+,85+. Relay cards are due before events 5 and 15 on Saturday and before events 27 and 33 on Sunday. There will be short breaks before the relays for door prize drawings.

**SCORING & AWARDS:** Ribbons for 1st, 2nd and 3rd for each event. Individual High Point awards for 1st, 2nd and 3rd in all age groups. Team awards for combined men and women 1st, 2nd and 3rd. Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays. **Team club awards may include chapters of the Florida Aquatics Combined Team.** Individual entries must **designate the chapter** immediately following their USMS registered team (ex.: FACT/CATM). Members of each relays of club teams must be either registered all one club or members of all one chapter and all registered FACT to count for team high point. FACT relays from different chapters or individual members may be swum but will not count for team high point awards. Notify the meet director if you would like to swim with other FACT members from different chapters on a relay – we will try to coordinate your relay entries. This is a first and should be fun!!

**DINNER:** The Florida LMSC Recognition Dinner is Saturday night in the Long Center Banquet Room. See the attached flier.

**ORDER OF EVENTS:**

Saturday, February 14

Sunday, February 15

\* check-in required one half hour prior to event.  
~ events 1 & 2 will be deck seeded ,combined men and women, and limited to the first 50 entrants – seeded slow to fast)  
Short breaks will be taken between events as necessary.

W/M	W/M	W/M	W/M
1/2	*~ 1000 Freestyle	23/24	200 Breaststroke
3/4	200 Freestyle	25/26	50 Butterfly
5/6	50 Breaststroke	27/28	100 Freestyle
7/8	200 Backstroke	29/30	100 Backstroke
9/10	100 IM	31	200 Mixed Medley Relay
11	200 Mixed Free Relay	33/34	100 Breaststroke
13/14	200 Butterfly	35/36	100 Butterfly
15/16	50 Freestyle	37/38	200 IM
17/18	50 Backstroke	39/40	200 Medley Relay
19/20	200 Free Relay	41/42	* 500 Freestyle (combined men & women)
21/22	* 400 IM		

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

Fees: Meet surcharge.....= \$ 10.00  
# events ( ) x \$2.50.....= \$ \_\_\_\_\_  
TOTAL ENCLOSED.....= \$ \_\_\_\_\_

**ATTACH A COPY OF YOUR  
CURRENT USMS CARD HERE.**

Make checks payable to **CAT Masters** and mail the check and the entry form with this tab attached to

**BE SURE TO SIGN AND DATE  
THE ENTRY FORM.**

Joe Biondi, CAT Masters  
216 Elizabeth Avenue  
Clearwater FL 33759

## 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	<b>MEET:</b> _____ <b>LOCATION:</b> _____ <b>DATE:</b> _____				<b>Office Use Only</b> 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

PRST STD  
US POSTAGE  
PAID  
PERMIT #352  
CLEARWATER, FL

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## ASK THE SWIM DOCTOR

**Question:** What are your suggestions for improving my individual medley events?

**Answer:** You can achieve a better performance in your IM events by analyzing your splits from meets. All coaches have various methods of doing this. In "The Science of Swimming" Counsilman states, "In this, more than any other race, it is impossible to come up with a theoretical pace that is perfect for all swimmers, because each swimmer excels in one or more strokes over some other."

One way to analyze the IM is by determining the percentage of each stroke to the total time. The ideal percent, computed from swimmers' times, is presented in the following table, accompanied by a comparison of my splits, done when I was much younger! This table demonstrates one way to analyze pace and the strength or weakness of strokes in the IM.



	Ideal %	200 IM splits	Actual %	400 IM Splits	Actual %
Fly	22.7	31.0	21.4	1:16	23.5
Back	25.0	37.0	25.6	1:21	25.1
Breast	29.1	42.0	29.0	1:33	28.8
Free	23.2	34.5	24.0	1:13	22.6
TOTAL	100%	2:24.5	100%	5:23.0	100%

### COMPARISON OF SPLITS BY IDEAL AND ACTUAL PERCENTAGES

In comparing my splits to the ideal percentages, the fly is fast on the 200 IM, but slow on the 400 IM. I could take out the fly faster in the 400 IM, but needed a higher training yardage than 2,500 a day to be able to do this. The back is my best stroke, and close to the ideal. The breast also matches the ideal as I improved my weakest stroke. The crawl stroke is slow in the 200 IM, due to going out faster in the fly, as compared to the 400 IM.