

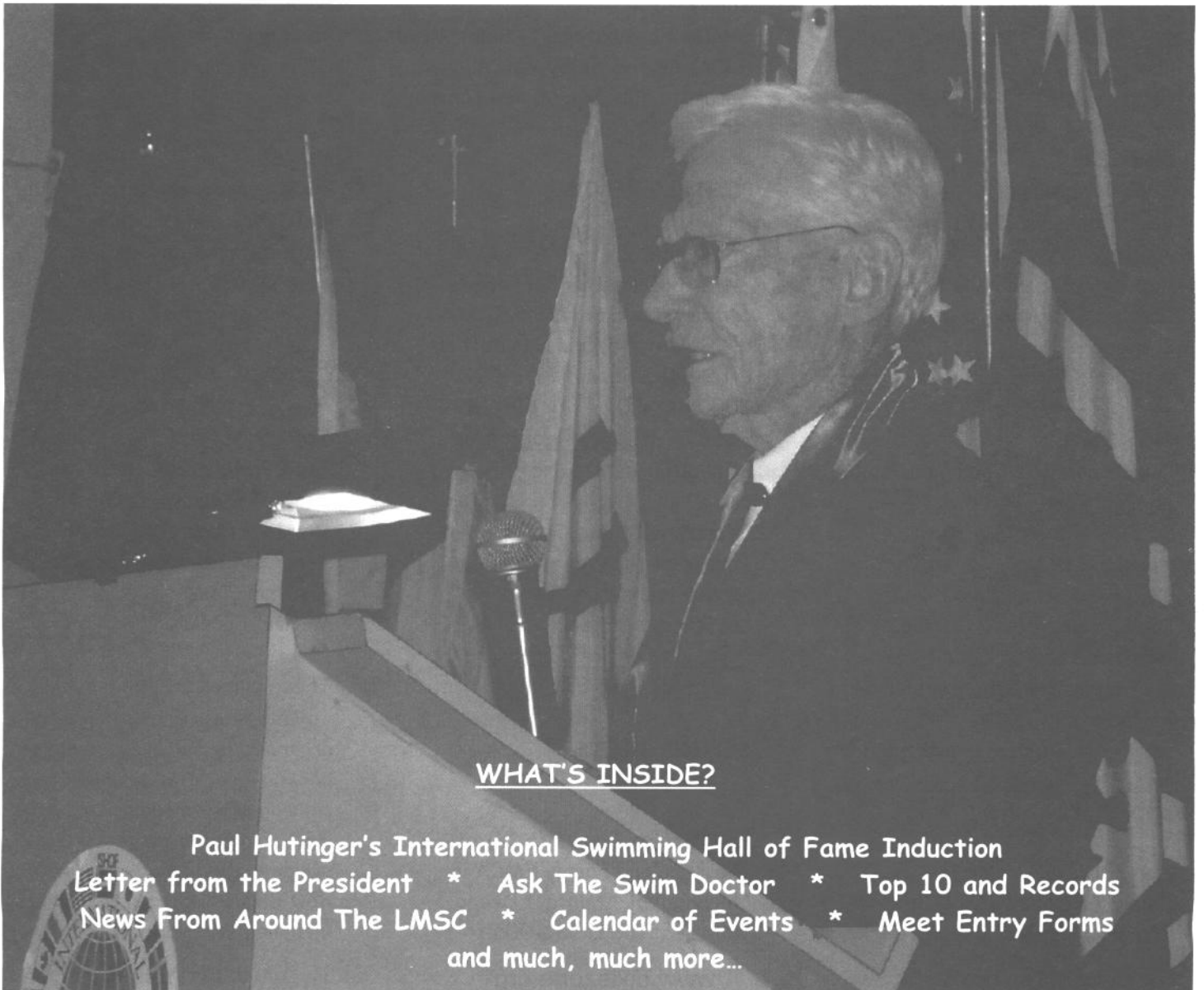
FLÖRIDA

Local Masters Swimming Committee, Inc.

NEWSLETTER

Vol. XXI, No. 1

Feb - Apr 04



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Calendar of Events

By Christine Swanson

POOL MEETS

Feb 14-15

Clearwater Valentine's Meet (SCY) at the Long Center.

Feb 20-22

11th Annual City of Fort Lauderdale Masters Challenge (SCY) info & entry forms are posted on the zone's meets pg: <http://www.dixiezone.org/Meets.htm>. Entries must be received by Wednesday, February 18.

Mar 12-14

SPM 34th Annual Championships (SCY) at the North Shore Pool in St. Pete, FL. Entry Deadline is Mar 2nd Contact Bob Atwood at ratwood42@aol.com or (727) 821-5098 (prior to 9pm).

Mar 27-28

Dixie Zone SCY Championships in Brentwood, TN.

Apr 15-18

YMCA Nationals in Ft. Lauderdale, FL. For more info, read the Orlando News, contact Cathy Schonkwhiler or go to <http://www.ymcaswimminganddiving.org/2004Masters.htm>. Entries received by: March 5th

Apr 22-25

USMS Nationals (SCY) in Indianapolis, IN. For more

www.usms.org

info go to www.usms.org or the back of your Jan/Feb 2004 SWIM Magazine. Entries Postmarked by: March 11th

June 2-13

10th FINA World Masters Championships (LCM) in Riccione, Italy (3K open water event on June 10th)

Jun 12-13

SWIM FL Masters T-Shirt Meet (LCM) at the Selby YMCA in Sarasota, FL. Stay tuned for more info.

POSTAL EVENTS

Jan 1 - Feb 29

TAM 1650 Postal. For info contact Jon Steiner at 1000 4th Street #875 in San Rafael, CA 94901. Phone: 415-459-2000 ext. 30 or fax 415-459-3668 or at lawjls@aol.com or at pacificmasters.org

February Fitness Challenge

Info is at the end of the Newsletter or on the LMSC news page (<http://www.floridalmc.org/News.html>).

SENIOR MEETS

Mar 5-6

Polk Senior Games (SCY) at the Lakeland Family YMCA in Lakeland, FL. Contact Deena Wilbur at (863) 533-0055.

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Mar 7

The Goodlife Games (LCM) at the Long Center in Clearwater, FL. Contact Dawn Lewlyn for meet information at (727) 724-3070

OPEN WATER EVENTS

Apr 17

2004 Tampa Bay Marathon Swim. For more info contact Ron Collins at Collins@tampabay.rr.com or go to www.distance matters.com

May 8

2004 Hurricane Man 2.4 Mile and 1000 meter swims. For more information contact Bruce Day (bruceday@aol.com) or Livia Zien at (727) 821-8113

CLINICS

Jan 25, Optimal Turn Clinic

Feb 29, Aquanex+Video Analysis Clinic

Mar 14, Freestyle Clinic

Apr 25, Aquanex+Video Analysis Clinic

May 16, Four Stroke Clinic

These clinics are held in Tallahassee. Clinics can be arranged at a preferred date and/or location. Contact Sharon of Swimming Technology Research at swimmingtechnology.com or 850-385-9803 for further info, registration and cost.

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Dear Florida
LMSC Team
Member,

Where did the
time go? Here
we are with

another New Year and another newsletter. As I sit down to write to you, my life has changed dramatically. In fact you can call me Grandpa Tom! Yes, this morning at 8:30 a.m. Katie gave birth to Jacob Thomas Cool, who weighed 8 pounds 6 ounces and was 20 $\frac{1}{4}$ inches long. With this exciting addition to our family, our lives have forever been changed!

If you are like most of the other people around you, you are probably looking back over 2003 and deciding what you would like to change to improve your 2004. As you do that, please look at the things that matter to you, the things that you invest your time in. These are normally the things that matter and are what you value. If your association to the FL LMSC is one of those things that matter, then, please look at what you can do to improve YOUR organization. This is the time to do it and with some planning it won't take too much time, on your part, to help make a difference for yourself and your team members. You can start with your local club and then consider what you might be able to do for the overall organization.

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Due to the fact that I am still a little overwhelmed in being a grandpa, my letter will be abbreviated. However, there are a few things that I do want to cover. First of all, please remember the Awards Banquet at the Clearwater swim meet in February. If you are planning to attend, you will need to respond quickly. Please refer to the web site for the details. Hope to see you there! In addition, the FACT registrations are going very well as we prepare for the national meets that will coming up. If you questions about this please feel free to contact me. Lastly if you would like to know how you can be more involved in helping with the FL LMSC organization, please contact me for more information.

If you place value on your membership to the FL LMSC, then please consider how you might be able to contribute and make it better! This will benefit you, as well as your teammates!

Have a very blessed New Year and I hope to see you in the pool!

Tom Bliss
Chairman, FL LMSC

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TOP TEN AND
RECORDS
REPORT

By
Margie Hutinger

I submitted times from the SCM meets in Orlando and Ft Myers. For the Florida Top 5 and Records, I included times from the final results swimmers sent me from meets in Marietta, GA; Coral Springs, FL; New Orleans and Canadian Nationals. The preliminary Top Ten will be posted around February 8. Let me know of any errors in your age group.

After every meet, someone asks me if I will submit the times to USMS for Top Ten. My answer has always been, "Yes." I don't mind the question, as my obligation as a TT recorder is to submit the results **IN THE FORMAT REQUIRED AND BEFORE THE ESTABLISHED DEADLINE**. In our LMSC, the deadline for submission of results to me (via comma separated value (e-mail) and hard copy) is **TWO WEEKS**. "POSTED ON THE INTERNET" WILL NOT GET YOUR TIMES IN!

In the past two years, there have been several meets which have not lived up to this responsibility. All the requirements that meet directors need to abide by are specific, and listed in the sanctioning document accepted by the club and meet directors. It is very frustrating for Swanson

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(Sanctions Chair) and myself to ask for these results when I haven't received them before their deadline. If the Top Ten Recorder doesn't submit LMSC results before the deadline, there is NO RECOURSE. TIMES WILL NOT BE ACCEPTED! What is the recourse in the FL LMSC for a meet not submitting results before the deadline? Right now, there is no penalty. There should be. Perhaps a performance bond, \$100-200, is the answer.

In the last issue, I wrote that Brandon Blue Wave would be hosting a relay meet and a 1650 meet. Unfortunately, this will not work out. The depth of the water for SCY is too shallow to meet the new height requirements for diving off the starting blocks. Is there another team that will step up to this challenge?

Included in this issue are the FL LMSC SCM records, with the new records highlighted. Records broken included 31 women's individual and 1 relay; 50 men's individual; plus 5 mixed relays. WOW!!! Congratulations to all record breakers. Burwell Jones, SWIM, 70, was the top men's record breakers, with 6 and William Specht, SPM, 45, and Robert MacDonald, 75, FMM, were a close second, with 5. Bunny Cederlund, SPCO, 82, was the leading women's record breakers with 7 and Jean Bancks, 47, HLJ, was 2nd with 5.

Here are the oldest LCM records, from 1987-1990, that were broken in 2003. The 3 oldest records are from 1987.

WOMEN

70-74 50 Breast -- SYLVIA EISELE, SWIM, 50.73; broke Gertrud Zint's, HLJ, 1987 record of 50.95.

80-84 200 Fly -- JUNE REYNOLDS, FMM, 6:04.35; broke Dorothy Hopkins', CATM, 1989 record of 6:46.72.

MEN

40-44 200 Free -- JERRY DAWSON, UNA, 2:03.31; broke Lucky Meisenheimer's, ORLM, 1990 record of 2:03.69.

50-54 200 IM -- JOHN MCCALL, ORLM, 2:47.21; broke Jack Beattie's, HLJ, 1987 record of 2:50.06.

75-79 200 IM -- ROBERT MACDONALD, FMM, 3:34.96; broke Carl Thornburg's, HLJ, 1987 record of 4:11.37.



Last but not least, the **LEATHER LUNGS AWARD**, new for 2004, is intended to encourage swimmers to participate in meets & 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.

The award will be given in each of the four venues: SCY, LCM, SCM and POSTAL. 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:

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 SCM, or ALL 17 events in LCM, or ALL 5 USMS Postal events during a single calendar year.
4. The only splits that are permitted are lead-offs on relays.

Start planning 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.

News from around the LMSC

Swimming Hall of Fame Induction



On Jan. 10, 2004, Paul Hutinger was inducted into the International Masters Swimming Hall of Fame, in Ft. Lauderdale, FL. He was selected for his exceptional performances at the International level, starting in 1971. Hutinger is the first swimmer to be inducted into the IMSHOF from the FL LMSC.

Following is Paul's acceptance speech:

Thanks to Ginger Pierson and her International Swimming Hall of Fame Committee and the Executive Committee of USMS for selecting me for this honor.

When I was in the 50 age group, I wondered why the 70 and 80 year olds were so slow.

As I got closer and closer to age 80, I realized why. In the past five years, I've had shoulder surgery to attach my supra-spinatus muscle, a blood pressure stroke, a severe bacterial infection, prostate surgery and rheumatoid arthritis. I couldn't do anything about these physical challenges, but I did continue to swim and rehab. It's survival time! The good news is that my 35 years of training helped me recover faster from these diseases and injuries. Two years ago, as I lay in the hospital the day after my stroke, my doctor was amazed at my age, 77, and physical condition. Four days later, I was back in the pool.

In two weeks, I was performing repeats at my previous level.

Much has been said about Masters swimming being a Fountain of Youth. Besides my personal experiences, as I look around this room, it is also apparent with the presence of all these talented young athletes.

Ransom Arthur came up with a revolutionary idea for swimming competition and fitness for adults in the early 1970's. As a medical doctor and Navy commander, he sold the ideas to the conservative AAU.

John Spannuth was the key

person in the early days to follow through on Ransom's ideas. He had the coaching background, was the ASCA president and AAU Aquatic Chair and an idea man.

Spannuth was active during 1970 and 1971, the ASCA era of Masters swimming. He hosted the first Masters Nationals in 1970, with 45 enthusiastic swimmers. I missed this one, as I was finishing my Doctorate with Doc at Indiana.

Besides the 2nd Nationals in 1971, with 160 swimmers, Ransom set up eight regional meets throughout the US to promote Masters swimming. I competed in six, including the National meet. Judge Robert Beach was one of those pioneers. Every year since 1971, his team, St. Pete Masters, has sponsored an annual spring meet. I wasn't there, as I was hosting a meet in Western Illinois University that same weekend. Doc Counsilman was one of few coaches that took an active role in Masters during the ASCA era. Besides being a meet director in Bloomington, IN, he also trained and competed. Top times in these sanctioned meets were compiled by Ransom, which were the first USMS records.

The influence of ASCA, the foresight of Ransom Arthur

and the impetus of Spannuth, set the foundation for the all-inclusive Masters program that we presently enjoy. We owe considerable gratitude to these early pioneers who established a substantial base in the AAU era, which has carried over to the present.

June Krauser used her leadership and AAU background and played a significant role in expanding Masters swimming into the AAU era, in 1972. She hosted the first AAU Masters meet right here in Ft Lauderdale, in January, 1972. Grace Kelly's brother, an Olympic rower, swam exhibition. USMS was incorporated in 1980, and is the present era of Masters swimming.

In my freshman year of high school in 1939, I was on the gymnastics team. I began my competitive swimming career as a sophomore. My senior year, I remember my coach commenting on an older person with a large abdomen.

"Everybody gets a big belly when they get older." Even then, I realized that I didn't want to fall into that dubious category. After high school, I continued my swim training, including when I served in World War II. I trained whenever and wherever I could, including along side a dock in the Pacific with sand sharks keeping a close eye on me. I competed in AAU meets at my Naval bases and competed with Howard Johnson and Duke Kahanamoko

(exhibition only).

After the war, I competed at The University of Iowa.

Doc Councilman was the Asst Coach. Doc died, last week.

He questioned many established ideas in swimming and was creative and scientific in his approach. As the Asst Coach, he had us swim 440 time trials one day. The swimmers on deck thought my hard kick was outstanding.

Doc said, "I think he could swim faster if he narrowed his kick, giving him less resistance." He had me repeat the swim. He was right, I was faster. Thanks, Doc, for all you gave us.

With many excellent swimmers and Olympians on the Iowa team, I was just one of the average swimmers, but continued to train after the college season. In May, after being on the team for four years, Coach Armbruster brought an incoming All American and state champion to the pool. He hadn't been in the water since March. Coach said, "Hutinger, race him in a 100 free." I beat him. Coach was amazed! He didn't realize I had continued to train for AAU meets. That taught me another aspect of the importance of training. It was possible for me to beat a top swimmer, because he was out of shape and I wasn't. This was in 1950.

At the Masters level, I think we all realize that swimming has it's own unique characteristics. I used to

compete with former 1960 Olympian, Bill Mulliken, in meets in Illinois. At one meet, during the 200 m back, I noticed he kept swimming quite close to my lane line.

After the race, I asked him why? He replied, "I was giving you a draft to help you swim faster." I had. Bill's not only a gold medalist, but a great guy who thought of helping me, an old guy 15 years his senior, in the next lane!

With the nine inductees at this ceremony and the inclusion of Great Britain and Japan, Masters aquatics is indeed International, reaping the benefits of the Fountain of Youth and serving as role models for the new kids in the pool.



300 Club Masters participated in their last competition registered as 300 Club when they competed in the 2003 USMS 3000/6000 Yard National Postal Championships. With 7 members they were able to enter two relay teams.

The 3x3000 35+ men's team of Victor Buehler, Ken Iczkowski and David

Groisser won 6th place medals and the 4x3000 19+ Mixed Team of Beth Cantrell, Charles Peresta, Barry McEwen and Meegan Wilson won first place medals. Cantrell and Wilson also received individual medals of 6th place and 4th place respectively. This was the first time that Cantrell and Peresta have competed in a Masters event. Congratulations swimmers!

300 Club Masters have now joined forces with the new Florida Aquatic Combined Team (FACT) and will participate as the 300 Club Chapter.



On January 1, 2004 our annual fundraiser for the Pinellas County Special Olympics at the Long Center (where we swam, pulled, kicked or dog paddled [Coach Joe's favorite!] 2004 inches, feet, yards or meters) was a great success. Everyone who participated enjoyed themselves and we raised \$1200 -- a record for this event and which is sure to grow from year to year. The event was followed by a get-
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together with teammates, friends and families at Carraba's Italian restaurant, which has been very supportive of CAT Masters and this event. What a great way to start the New Year!

3000/6000 yd Postals

3000yd

Elliott Schofield celebrated his 81st birthday by swimming 3000 yds . He had a time goal of 2 hours but finished the event in an amazing 1:36 (!!) which placed him 2nd in the 80-84 age division. He is a tough act to follow and an inspiration to all... Congratulations and Happy Birthday Elliott. Joan Campbell was 1st in the 70-74 age division and Jerry Rutigliano finished 15th in the highly competitive 50-54 age division.

6000 yd

Nancy Durstein was 1st in the 70-74 age division, Pat Marzulli was 6th in the 50-54 age division.

Postal 5K Swim

Elsbeth Stuckey swam her 5K in the ABuDiabi and faxed in her time sheet! Others doing the swim were Nancy Durstein, Bruce Ernst, Erik Kirstein, Jerry Rutigliano and Janet Shellenberger.

Ron Balow completed the Lake Tahoe Marathon on 10/11/03 along with CAT Masters Team members Janet Shellenberger and Pat Cohen. They all agreed that Lake Tahoe was breathtaking for the scenery as well

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as the altitude. As if 26.2 miles was not enough, the following week Ron competed in the Croom's Trail Ultra Distance Race (which was 31 miles) and the New York Marathon .

Team Orlando Masters SCM Invitational Oct11-12

Joan Campbell (70-74) swam 11 events, won 10 firsts and one second, and took 1st in high points. Nancy Durstein (70-74) swam 11 events winning six 1st places and 5 2nd places. Erik Kirstein (40-44) and Bill Conlon swam 3 events each. Jerry Rutigliano swam 7 events and had 4 personal bests. Elliott Schofeld (80-84) swam 7 events placing 1st, 2nd or 3rd.

Biathlon/Triathlon Events

Strangeman's Beach Biathlon on Oct 4th: Arnaud Glacet (25-29) 2nd; Pat Marzulli (50-54) 4th; Pat Cohen's Relay 3rd.

Great Floridian Ironman on Oct 25: Barb Cote (50-54) 2nd.

Great Floridian ½ Ironman on Oct 25: Christina Noordstar 1st female overall (!), Quint Noordstar (25-29) 6th. Roberta Klar (40-44) 5th

Suncoast Triathlon Nov 8: Ivette Compton 1st (Athena division) (while Ivette's daughter Angelica (14) won her age division and Ivette's husband George won in the

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Clydsdale division), Jessica Fish (45-49) 2nd.

AARP Triumph Classic Nov 16:
Carole Torreano 3rd female overall (!), Lenore Ruppert (60-64) 1st, Shirley Taylor (70-74) 1st, Hal Cook (75-59) 3rd.

Sarasota Senior Swim Meet
November 20, 2003

Joan Campbell (70-74) 4 gold, 1 silver. Elliott Schofield (80-84) 5 Gold.

CONGRATULATIONS TO FL LMSC Top Five and DIXIE ZONE Top Ten swimmers!

Florida LMSC Top 5

Female:

50-54 Elspeth Stuckey
55-59 Carole Torreano, Karen Gardner, Pat Cohen
60-64 Marianne Bradley, Lenore Ruppert
70-74Joan Campbell, Nancy Durstein

Male:

40-44 Michael Smith
50-54 Jerry Rutigliano 70-74 Charlie Kohnken 80-84 Bob Lavanture, Elliott Schofield

Dixie Zone Top Ten

Female:

45-49 **Buffy Price**
50-54 **Elspeth Stuckey**
55-59 **Carole Torreano, Karen Gardner, Pat Cohen**
60-64 **Lenore Ruppert**
70-74 **Marilyn Belson, Joan Campbell, Nancy Durstein**

Male:

40-44 **Michael Smith**
50-54 **Jerry Rutigliano**

70-74 **Charlie Kohnken**
80-84 **Bob Lavanture, Elliott Schofield**

Relays:

We had 6 relay teams that scored in the TOP FIVE and 6 in the TOP TEN.

Our **Valentine's Meet** is just around the corner **Feb 14-**

15th. We hope that everyone will join us that weekend for a really well organized Swim Meet which is notorious for having the best food and volunteers in addition to great attendance by swimmers from near and far.

The FL LSMC 3rd Annual Awards Dinner Banquet will also take place at the Long Center on Feb 14.

Reservations are required.

CITY OF LAKELAND
AQUATICS
Lakeland
Tom Schmelz
DailyBless2@cs.com

Here is your chance to welcome a new club: we are here at Lakeland. ☺

Not much happening right now at COLA Masters, but we're practicing at the Gandy and Simpson complexes in Lakeland (come visit a practice if you're nearby).

In 2004, we look forward to growing and experiencing achievements at meets.


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

In the last quarter of 2003, Gertie Perry and Kitty Magness completed the 3000/6000 Yard Postals. This rounded off their first ever completion of all 5 USMS postals in one year. ☺

As you may have read in SWIM Magazine, the Waikiki Rough Water Swim was *rough* this year, with over half the swimmers being rescued. One of our swimmers, Lenny Schneider, attempted this swim for the first time. With a current of 10 miles/hr, and Lenny only swimming at a pace of 3 miles/hr, he was amongst those rescued. However, Lenny had his eyes set on swimming the distance and so it came that on Dec 22nd he swam the same distance for himself. Well Done! ☺

Next, Gertie and Kitty participated in the annual

Postal Pentathlon hosted by the Minnesota LMSC. They completed the Sprint Distance, Middle Distance and Iron Man

Distance events and are awaiting results.

Just before Christmas, we served the 3rd Annual Hot Pancake Breakfast at the 15th Annual **Say No to Drugs** Running race hosted by the Dianetics Running Team. Over 800 runners enjoyed home-ground, freshly cooked pancakes or blueberry pancakes with a choice of syrup, blueberry syrup, fresh strawberries, whipped cream and fresh OJ.

January brings us to registration. We are geared up to enjoying a bigger membership this year and look forward to increased participation in meets.

Last but not least, Bob and Kitty Magness' son Will got married to Gina Cassano this January. Congratulations to all!



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WELCOME! FACT may now be found on the web by going to the Florida LMSC site (www.floridalmsc.org), clicking on **clubs** and then clicking on **FACT**.

The one-hour national postal swim is our first national FACT event of the year. It is not a "chapter" only event. FACT members who desire to be part of a relay should send their FACT relay entries and all appropriate information (as explained on the FACT page) to Don Puchalski. Joe Biondi and Don Puchalski will put the relays together and send them in. If for any reason you cannot be put on a relay your entry fee will remain in the FACT account and can/will be applied to other national postal events in 2004 in which you participate as a FACT member. Remember, we must have all the required information/entries and entry fees by Feb. 4 for you to be included on a relay.

Also, a reminder, there will be two local FACT - Chapter meets in February and March: the CAT Masters Valentine meet in Clearwater; and the SPM Masters SCY Meet in St. Petersburg in March. FACT members, please watch the website for information regarding Dixie Zone championship meets outside of the Florida LMSC (e.g. the USMS SCY Nationals to be held in April in Indianapolis, IN; the FINA World Championships in Italy; and the

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YMCA Nationals in Ft. Lauderdale [Note: In order to swim in this meet, one has to also be a YMCA member; and to be on a relay, all swimmers have to be members at the same Y]). Be aware that these last meets require entries long in advance and if anyone from FACT is entering these meets and wishes to be on a relay, they should contact Joe or Don to coordinate the effort.

Good luck, Happy New Year and good swimming!



5K/10K POSTALS

The Mavericks thank Sue Moucha, BLUE, and Joe Biondi, CATM for having their pools available for these 50 m postal swims. Results for the 5K: Flavia Zappa (36) 9th, Ruth Thompson (52) 8th; Carole Dirksmeyer-Nichols (50) 11th; Patricia Bond (65) 2nd and Matthew Watkins (30) 4th. The 10K was a new venture for these swimmers, who achieved the following results: Zappa 7th; Thompson 4th;

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Dirksmeyer-Nichols 5th and Watkins 6th.

3000/6000 YARDS POSTALS

The 5K/10K swimmers plus three others swam the yards postal version. In the 3000: Bond (65) 3rd; Olsen (77) 3rd; Zint (86) 2nd and Watkins (30) 8th. In the 6000 challenge: Zappa 9th; Thompson 2nd and Watkins 3rd.

FT. MYERS MEET, NOVEMBER

Fourteen Mavericks took advantage of a splendid fall weekend in Ft. Myers and won the visiting team trophy. Besides swimming, they had fun experimenting with a cheap, disposable underwater camera. Although it was a challenge to stay under the water, focus and snap, the pictures turned out great. We recommend it as a novel way to make Masters fun. High point winners included Jean Allen, Florence Carr, Brud Cleaveland, Margaret Homans, Ruth Thompson, Frank Tillotson, Patricia Tullman, Holly Vaughn, Matthew Watkins and Robert Williams. Others contributing to team points included Margie and Paul Hutinger, Harrison Homans, Gladys Olsen, James Pitts and Jean Troy. Vaughn (42) made her debut in Masters swimming, and swam outstanding times in her four events.

Paul Hutinger, Team Representative

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At the end of January, Sue Halfacre will be the only FL swimmer to go to the USMS coaches

clinic. Enjoy it, Sue.



Three and a half Minnows ventured to Bonaire in the Dutch Antilles at the start of November to compete in the 1-mile open water swim on November 8. After surviving major congestion and flooded roads around the Miami airport, a rain delayed take-off in San Juan, and misadventures on an airport escalator, **Dave** and **Kathy Erickson**, **Dick Brewer**, and honorary Minnow **Jean Garbus** finally got to the water. Dick finished 7th male overall and 5th in the male age 40+

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category, Jean finished 8th female overall and 5th in the female 40+ category, Kathy finished 5th in the female fins category, and Dave finished 5th in the male fins category. They enjoyed the ensuing four days snorkeling, exploring the island, and trying to figure out the guilder-dollar exchange rate before flying back to reality in Southwest Florida.

While those Merry Minnows were off basking in the sun of Bonaire and swimming in crystal blue waters of the Caribbean, **Mary Soucek** represented the Merry Minnows at the November Swim Florida meet in Fort Myers. Mary served the Minnows proudly, capturing second place in the 400m free and 50m fly; third in the 50m back, 50m breast and 50m free; and a fourth in the 100m free. In the true tradition of the Merry Minnow philosophy (*no stress, swim for fun*), she admitted that she accidentally missed swimming her favorite 100m IM event because she was busy in conversation and lost track of the meet events for a brief period of time.

Results from the USMS 3/6 Postals made three Minnows happy. **Patrick White** placed 6th in the 3000 and 4th in the 6000 in his age group, setting Florida LMSC records in both events, **Dick Brewer** placed 9th in the 3000 and 6th in the 6000 in his age group, setting a Florida LMSC record in the

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6000, and **Kathy Erickson** placed 17th in her age group in the 3000. White and Brewer combined to give the Minnows an 11th place team finish in the men's 6000 event.

Our mid-December annual Holiday Recognition Dinner was another great experience with several Minnows receiving unique awards during a special ceremony in **Sharon Snew's** kitchen. **Sharon** received the *Martha Stewart Award* as best hostess and for her quest for creative income opportunities; **Patrick White** received the *Iron Man Award* for successfully completing the 3000 postal, the 6000 postal, and a full Ironman Triathlon within a six-week period; **Dave Erickson** deservedly earned the *Out-to-Sea Award* for his navigation skills in open water; **Jaime White** was recognized with the *Chilly Willy Award* as the fairest weather swimmer; **Kathy Erickson** earned the *Screaming Eagles Award* for involving all those seated near her in the total aviation experience; **Dan Ringma** got an *Oscar* for preserving the singular integrity of his lane during practices, **Lisa Adams** received the *Phantom of the Pool Award* for her good intentions but spotty attendance at practices; **Matt Seluk** received the *Spock Award* for the best application of Minnow logic to his workouts; **Dick Brewer** was honored with the *Mary Poppins Award* for being able to pull

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the greatest amount of clothing and other objects out of the smallest bag; **Raul Rojas** earned the *Water Wings Award* as the club's most improved swimmer; and **Mary Soucek** was honored as *Pool Queen* for entering the most events in pool meets during the year.



Team Orlando wishes everyone a Happy New Year and looks forward to all three 2004 swimming seasons!

Orlando Area Masters defeat Rollins College Swim Team

On November 1st, the Orlando Area Masters Swimmers had their annual dual meet with the Rollins College Men's and Women's swim teams. The annual event is done in a dual meet format with swimmers eligible to participate in three events each. Although the official scores have not yet been released the Master's swimmers beat both the men's and women's teams! This is a great annual event which takes place on the Rollins College campus overlooking Lake Virginia in Winter Park,

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Florida. Thanks to all who competed and volunteered for the event. Thanks also to Rollins College, the Rollins swimmers and their coach, Rich Morris for their gracious hospitality. We look forward to next year.

Next up is the SCY season and Team Orlando is once again putting together a combined team for an annual event. This is a great opportunity to organize some fast relays and show the rest of the nation what Central Florida swimming is all about! The meet? YMCA Nationals from April 15-18 in Fort Lauderdale. If you are interested in participating, email Cathy Shonkwiler at cswimming@aol.com.

Participants must be members of a YMCA (there is no Y fee if you are already a member of another Y). Entries and fees, including relay fees are due to Cathy by March 5th. Send to: Cathy Shonkwiler
10202 Leeds Ct
Orlando, FL 32836
Checks for entries/fees/relay fees are made out to Team Orlando Masters. YMCA (Temp. membership fee) check is made out to YMCA Aquatic Center. Email Cathy for amount. Additional information on the meet can be found at: <http://www.ymcaswimminganddiving.org/2004Masters.htm>.

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Cocoa-Cocoa Beach
Angie Sinacore
asinacore@aol.com

First off, we would like to welcome Tom & Missy Bliss to the world of grandparents: Jacob, their first grandson, was born in January.

Space Coast Masters looks forward to 2004 and another exciting year of swimming. After two successful years at the helm of our team, Carl Finney stepped down as President and passed the gavel to Bob Sigersmith.

Bob is committed to swimming and in his opening remarks after the election said, "When I joined Space Coast Masters, five years ago, I could hardly go the length of the pool without stopping. Now I can do 1,000 yards reasonably easy. This is a great improvement and I was able to do this because of the encouragement of my teammates while having a lot of fun as well. I feel better and look better..... swimming has brought me great rewards."

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In addition, Lester Bell will serve as Vice President and Alene Heuser will serve as our registrar/Treasurer. Angie Sinacore and Karen Halford will do the newsletter.

It must be January, because the schedule for the postal One Hour Swim is on the bulletin board. It appears that we will run the event for two Saturdays, in order to cover all the participants wanting to take part. Our only hope now is that the mild weather will continue a while longer. Last winter's cold breezes are still a vivid bad memory.

Five members of the team are starting a life saving course of study that will run into February. We are also looking forward to participating in the 2004 Annual CAT Masters Valentine Meet in Clearwater. President Bob Sigersmith says he hopes we can get more people to go to swim meets in spite of their busy schedules. "We all have the competitive spirit in us as evidenced when we do the drills in practice on Saturday morning. If your eye catches the swimmer in the next lane, you drive to beat him/her to the wall. We all wish to prevail....only we have a lot of fun doing it."

Happy New Year to all our swimming colleagues!

www.dixiezone.org



Sarasota & Ft. Myers
Jim Donnelley
www.swimflorida.org

2003 was a Very Good Year for Swim Florida!

Below is a summary of some great swims in 2003. A full report of all our teammates' achievements will be presented at the spring banquet.

Florida Top 5: We had many of our swimmers achieve the **number one** time in our Florida LMSC! (This is for SCY and LCM—SCM is still to be determined) The number indicates how many first-place finishes:

- Laura Dissington (38) 4
- David Hefner 1
- Deanna Doyle-Vallery 7
- Mark Drennan 10
- Deb Walker (52) 9
- Jan Soderstrom (58) 3
- Edna Gordon (77) 2
- Rick Walker (53) 7
- Lynn Cartee (56) 9
- Rudy Vazmina (50) 1
- Sandra Buckingham (58) 7
- Dean Dye (61) 1
- Dren Geer (69) 9
- Charlie Randall (75) 1
- Ed Clissold (29) 2
- Casey Claflin (50) 2
- Bump Jones (69/70) 29!!—he aged up during the SCY season!

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Other swimmers who achieved Florida Top 5 times include: Jim Donnelly, Kent Ley, Tommy Schwartz, Helen Vetter, Kevin McCormack, Bob Bennett, Steve Grossman, Bob Coulter, Rick Hall and Prez Robert Davie.

USA Number One Swimmer!

The following swimmers achieved the top time in the USA for their respective events for SCY and LCM!

Ranked # 1!

Other events with Top Ten Finishes

Mark Drennen (48) 1650y Free
 SCY: 500/100 Free, 200 Br, 400 IM. LCM: 200/400/800 Free, 200 Br, 400 IM

Deb Walker (52) 100/200m Br
 SCY: 50/100/200 Br, 200 Bk. LCM: 50/200/400 Free, 100/200 Bk, 50 Br

Casey Claflin (50) 50/100 m Back & 50 Fly

Bump Jones (69) 100/200 y Back 500 Fr, 50 Bk, 100 Fly & 200/400y IM

Bump Jones (70) 1650 y Free 200/500/1000 Free and 50/100/200 y Back

LCM: 50/100/200 Free, 50 Bk, 50 Br, 100/200/400 y IM, 400/800 m Free, 100/200 m Back and 200/400 m IM

Other Nationally Ranked Swimmers!

indicate number of events SCY/ LCM:

Dren Geer (70) 4/6
 Kevin McCormack (51) 2/0
 Rick Walker (53) 3/3
 Rudy Vazmina (50) 1/0
 Robert Coulter 0/2
 Ed Clissold (29) /4
 Lynn Cartee (56) 6/5
 Edna Gordon (77) 5/5
 Sandra Buckingham (58) 7/0
 Laura Dissington (38) 3/0

The Swim Florida SCM Meet

was held Nov 8 and 9 in Ft Myers.



Kevin McCormack (above) set a new LMSC record in the 200 Bk and Mark Drennen set a Dixie Zone record in the 200 Breast. Gary Trimble won the High Point award for his age group. Other swimmers who attended were Prez Robert Davie, Edna Gordon and Deb Walker.

The Sarasota County Senior Games

were held on November 21 at Arlington and were a huge success. There were 53 swimmers from all over the state. It was USMS recognized, so all times will count towards the above rankings. Swim Florida members included Helen Vetter, Edna Gordon. Bump Jones, Dren Geer, Deb Walker,

Dean Dye. There will be improvements made for next year (Hytek Meet Manager for one), so you over 50's plan to attend and support our county!

Recovering is Helen Vetter from her hip surgery in New York. She will be rehabbing soon with her Swim Florida teammates at Arlington. Hurry Back!

Registration Forms with much of the pertinent info already filled in are available at Arlington or contact Deb to fax or mail. Register soon so you will have your card by the CAT Valentine's meet! Also think about YMCA Nats and join the Y by Jan 15. Call Chris at 358-3122.

Virtual Birthday Swim...Edna Gordon celebrated her 77th Birthday, Dec 30, with some teammates at Crusty's Pizza instead of making us all swim the traditional **77 x 100's on the 1:30!**



Pictured are Deb Walker, Edna, Mary & Bob Coulter, Adam & Shirley Leonard.

NEWS FROM UNATTACHED SWIMMERS

I am swimming on my own, and picked up marathon running -- did the Dublin City Marathon this past October . . . it was so

nice to have a view while racing! I am now in training for the Key West Swim and a marathon swim in the Mediterranean this summer.

Sincerely,
Terri Pyle

OPEN WATER NEWS

Kennedy and Gilligan lead LMSC swimmers in Bonaire open water swims

Over 60 swimmers from the United States, Europe, South America and the Caribbean joined to compete in the solo and fins divisions of Bonaire's 3rd Annual EcoSwim on Nov 8. The metric mile and 5K courses crossed the spectacular coral reefs that surround the island as well as the 800 foot depths of the deep blue channel between Bonaire and the nearby uninhabited island gem of Klein Bonaire. Seven swimmers from the Florida LMSC were among the international group competing.

Tim Kennedy from St. Pete Masters finished third overall in the metric mile, then a half hour later repeated with a fourth place overall finish in the 5K. Kennedy was first in the age 40+ categories in both races. Rounding out the other LMSC finishers in the metric mile, **Dick Brewer** from the Merry Minnows was 11th overall and fifth in the male 40+ category, **Carolyn Kiper**

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from St. Pete was 14th overall and 7th in the female 40+ category, and **Jean Garbus**, an honorary Merry Minnow, was 16th overall and 5th in the female 40+ category.

Chris Gilligan from SWIM Florida Masters Sarasota, daughter of Max Wharton (the stunt double for Johnny Weismueller's Tarzan), was the top female fins finisher and second overall fins finisher in the metric mile, **Kathy Erickson** from the Merry Minnows was eighth overall fins and third in the female 40+ fins division, and **Dave Erickson** from the Merry Minnows was 12th overall fins and second in the male 40+ fins division.

The top swimmers were 16-year-old Vincent VanRutten of neighboring Curacao, who cruised to victory for the third year in a row. VanRutten, the national record holder in his country, won both the metric mile and the Deep Blue 5K. The top female finisher and second overall in both events was Lisa Hazen, age 39, from Saratoga, CA, who competed on the open water pro-circuit from 1994 to 1999.



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Florida LMSC swimmers (pictured clockwise from the top): Chris Gilligan, Dick Brewer, Carolyn Kiper, Tim Kennedy, Jean Garbus, Kathy Erickson, Dave Erickson

IN NEED FOR A COACH?

Cape Coral resident Alan Wachs (pronounced wax) (58 yrs old) is looking to fill a coaching position. He is willing to relocate anywhere in Florida. He has experience with swimmers ranging from junior high school and college through the Olympic and international elite.

If you're interested in talking to him, or know of anyone who is, Alan can be reached at (239) 549-4184. For a personal & coaching reference, please contact Tom Stegeman (stegtom@aol.com) of SWIM Florida Masters in Fort Myers.

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.

www.floridalmsc.org

FLORIDA

Local Masters Swimming Committee

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

The beginning of this new year is an ideal time to do some updating of information for the LMSC web page and email lists.

First, our email address list has to be updated. Please contact me, Dick Brewer, at rdbrewer@att.net to let me know if (1) you would like to remain on the list, or if (2) you don't want to receive notices via email. Also, if there is someone else who should be added to the list, please reply and let him know that as well.

Second, we get phone calls and emails from people (who are coming to visit Florida or are relocating to Florida) asking where the nearest Masters pool is. Having one list that we can refer people to seems like the best way to answer the different questions, especially about areas that we are not personally familiar with. So it would be nice to create a list on our web page of all of the pools that have Masters

www.usms.org

practices and a Masters contact at each pool.

A first draft of our list can now be found on-line at http://www.floridalmssc.org/clu_bmap.html or go to our Home Page (www.floridalmssc.org) and the click on **Places to Swim** in the Information Column. Please take a moment to review the list - in particular your team's pool information - and forward any corrections to me.

Finally, if there's anything else you'd like to see on the web page, let me know and I'll try to work it out.

Thanks for your patience and your help.

Dick Brewer
FL LMSC Web Master

ASK THE SWIM DOCTOR

Continued...

At LCM Nationals at Rutgers, in August, she swam a 27:09.75, breaking the record of 27:33.

In summary, to achieve her maximum performance (these principles apply to all swimmers):

1. Set her goal and committed to it.
2. Confidence in her ability to achieve a realistic goal.
3. Training program to achieve her goal.
4. Followed her training program, "worked my butt off."

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5. During warm-up, concentrated on her event with pace 50s.

6. Had a support group. Trained with teammate, Jim Browne (who also improved); husband, Ed, who also served as lap counter; post event cheers from teammates and critique from coach.

7. Handled the extra pressure at meets and stress of being a record holder and celebrity.

8. Pushed through the pain to keep the pace she needed for the record.

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



I hope that you enjoyed this issue of the *FL LMSC Newsletter* and as always look forward to your comments and suggestions. This issue carries many meet entry forms (a new item for the newsletter) and many interesting reports about all the activities taking place around our LMSC.

Deadline for the May issue is April 10th. Please send news and/or pictures to gertraud_e_perry@yahoo.com

www.floridalmssc.org

FLORIDA LMSC RECORDS

Short Course Meters (As of 12/31/03)

W O M E N

		50 FREE		100 FREE		200 FREE		400 FREE		800 FREE		1500 FREE						
19-24	28.26	B De La Piedra	TBAC-02	1:01.96	Lee Nessel	SPCO-00	2:14.96	Lee Nessel	SPCO-00	4:56.37	C Horrocks	WFLM-00	13:17.10	Heather Perry	ORLM-94	24:56.45	Heather Perry	ORLM-94
25-29	27.88	Lisa Summers	SPM-96	1:00.62	Lisa Summers	SPM-96	2:09.19	Lisa Summers	SPM-96	4:51.84	Jenn Willis	ORLM-94	10:00.77	B Bowman	SMS-95	19:00.79	B Bowman	SMS-95
30-34	28.24	Kathy Steele	HLJ-94	1:02.31	C Petersen	SPM-98	2:14.00	C Petersen	SPM-98	4:42.82	C Petersen	SPM-98	10:01.72	Linda Visser	ORLM-00	18:53.04	Linda Visser	ORLM-00
35-39	28.13	C Petersen	SPM-02	1:00.48	C Petersen	SPM-01	2:09.29	C Petersen	SPM-01	4:31.94	C Petersen	SPM-01	9:34.18	C Petersen	SPM-00	18:02.75	C Petersen	SPM-00
40-44	28.87	C Shonkwiler	ORLM-01	1:03.18	C Shonkwiler	ORLM-01	2:17.04	C Shonkwiler	ORLM-01	4:55.50	C Shonkwiler	ORLM-01	10:16.12	C Shonkwiler	ORLM-00	19:27.56	C Shonkwiler	ORLM-00
45-49	30.08	Jean Bancks	HLJ-02	1:04.15	Jean Bancks	HLJ-03	2:24.36	Susan Halfacre	GSC-01	5:28.49	Jo Harrelson	SPM-02	10:45.88	Jean Bancks	HLJ-03	20:09.37	Jean Bancks	HLJ-03
50-54	32.78	Linda Felton	LCAM-01	1:11.93	Jayne Lambke	SPM-91	2:33.52	Deb Walker	SWIM-02	5:42.78	Jayne Lambke	SPM-90	11:51.19	Pam Geiger	SPM-02	22:25.63	Pam Geiger	SPM-02
55-59	33.75	Jayne Lambke	SPM-94	1:15.61	Jayne Lambke	SPM-94	2:46.53	Jayne Lambke	SPM-96	5:57.89	Jayne Lambke	SPM-94	12:03.59	Jayne Lambke	SPM-98	22:40.01	Jayne Lambke	SPM-98
60-64	35.76	Jayne Lambke	SPM-99	1:20.51	Jayne Lambke	SPM-99	3:02.45	Jayne Lambke	SPM-99	6:31.27	Jayne Lambke	SPM-99	14:38.21	Pat Tullman	FMM-99	27:03.21	Patricia Bond	FMM-00
65-69	38.55	Florence Carr	HLJ-93	1:23.36	Florence Carr	HLJ-90	3:10.86	Florence Carr	HLJ-93	6:51.63	Florence Carr	HLJ-93	13:53.71	Florence Carr	HLJ-93	27:15.74	Florence Carr	HLJ-93
70-74	38.36	Florence Carr	SPM-95	1:25.01	Jean Troy	FMM-99	3:09.62	Florence Carr	SPM-96	6:45.83	Florence Carr	SPM-95	14:23.40	Florence Carr	SPM-95	27:07.40	Florence Carr	SPM-94
75-79	38.89	Jean Troy	FMM-02	1:26.20	Jean Troy	FMM-02	3:11.99	Jean Troy	FMM-02	6:44.09	Jean Troy	FMM-02	13:59.01	Jean Troy	FMM-02	31:11.52	Florence Carr	UNA-00
80-84	49.83	B Cederlund	SPCO-03	1:53.01	B Cederlund	SPCO-03	4:18.76	B Cederlund	SPCO-03	8:56.30	B Cederlund	SPCO-03	19:11.48	Kay Schimpf	SPM-97	36:47.00	Kay Schimpf	SPM-97
85-89	1:02.24	Kay Schimpf	FMM-02	2:24.54	Kay Schimpf	FMM-02	5:11.86	Kay Schimpf	FMM-02	10:29.25	Kay Schimpf	FMM-02	21:44.00	Kay Schimpf	FMM-02	41:11.16	Kay Schimpf	FMM-02
90-94																		
95-99																		
		50 BACK		100 BACK		200 BACK		50 BREAST		100 BREAST		200 BREAST						
19-24	33.08	B De La Piedra	TBAC-02	1:11.26	B Runyon	SWIM-96	2:37.53	H Hagedorn	HLJ-02	38.03	Tanya Felton	LCAM-02	1:19.85	Jennifer Alger	SPM-02	2:56.19	Esther Smith	UNA-94
25-29	31.98	Jenn Willis	ORLM-95	1:09.71	Jenn Willis	ORLM-95	2:29.06	Amanda Pagon	SPCO-00	35.70	Sudie Miller	HLJ-93	1:17.66	Lisa Summers	SPM-96	2:49.95	Bev Acker	ORLM-95
30-34	33.61	Karen Becker	ACTT-99	1:13.63	Karen Becker	ACTT-01	2:40.36	Karen Becker	ACTT-01	36.87	Merit Greaves	JAM-94	1:20.23	Merit Greaves	JAM-94	2:51.48	Linda Visser	ORLM-00
35-39	33.17	C Shonkwiler	DSMC-96	1:12.13	C Petersen	SPM-03	2:31.97	C Petersen	SPM-02	37.72	Maud Orlando	SPM-99	1:20.49	Beverly Lense	ORLM-01	2:58.72	Maud Orlando	SPM-97
40-44	33.67	C Shonkwiler	ORLM-01	1:15.39	C Shonkwiler	ORLM-01	2:55.61	Tami Hindman	LCAM-00	37.54	J Siragusa	HLJ-03	1:21.44	Judy Tibma	DSMC-96	3:00.26	Judy Tibma	DSMC-96
45-49	35.92	Susan Halfacre	GSC-01	1:18.86	Jean Bancks	HLJ-03	2:51.67	Jean Bancks	HLJ-03	38.67	E Bromwich	SPM-90	1:23.20	Deb Walker	SMS-96	3:05.04	Deb Walker	SWIM-98
50-54	39.57	Deb Walker	SWIM-03	1:23.67	Deb Walker	SWIM-02	2:56.63	Deb Walker	SWIM-02	39.45	Deb Walker	SWIM-02	1:25.53	Deb Walker	SWIM-03	3:05.81	Deb Walker	SWIM-02
55-59	43.35	Chris Gilligan	SWIM-01	1:31.46	Chris Gilligan	SWIM-01	3:15.26	Chris Gilligan	SWIM-01	43.10	Meegan Wilson	300-03	1:36.42	Meegan Wilson	300-03	3:27.88	Meegan Wilson	300-03
60-64	46.78	Pat Tullman	FMM-99	1:41.72	Pat Tullman	FMM-00	3:47.64	Pat Tullman	FMM-00	41.91	E Bromwich	SPM-03	1:34.54	E Bromwich	SPM-02	3:24.15	E Bromwich	SPM-02
65-69	45.61	Ann Champ	FMM-00	1:38.36	Ann Champ	FMM-01	3:28.51	Ann Champ	FMM-01	50.81	Jean Sterling	DBMS-03	1:52.45	Jean Sterling	DBMS-02	4:05.95	C Schwab	DBMS-03
70-74	49.23	B Cederlund	SPCO-95	1:46.05	Florence Carr	SPM-95	3:55.98	Florence Carr	SPM-95	50.73	Sylvia Eisele	SWIM-03	1:55.84	Gertrud Zint	HLJ-87	4:11.18	Gertrud Zint	HLJ-87
75-79	50.82	B Cederlund	SPCO-97	1:49.68	Regan Kenner	FMM-99	4:02.33	Regan Kenner	FMM-02	53.94	Gertrud Zint	HLJ-93	2:02.29	Gertrud Zint	HLJ-96	4:25.09	Regan Kenner	FMM-99
80-84	53.97	B Cederlund	SPCO-03	1:59.21	B Cederlund	SPCO-03	4:23.30	B Cederlund	SPCO-03	1:04.37	Kay Schimpf	SPM-97	2:27.51	June Reynolds	FMM-02	5:37.47	Gertrud Zint	IRCC-97
85-89	1:09.41	Gertrud Zint	FMM-02	2:41.33	Gertrud Zint	FMM-02	5:45.75	Gertrud Zint	FMM-02	1:10.04	Gertrud Zint	FMM-02	2:53.08	Gertrud Zint	FMM-02	6:18.17	Gertrud Zint	FMM-03
90-94																		
95-99																		
		50 FLY		100 FLY		200 FLY		100 IM		200 IM		400 IM						
19-24	31.36	Tanya Felton	LCAM-02	1:08.78	Jennifer Alger	SPM-02	2:43.09	Allison Beebe	SPM-99	1:11.15	Tanya Felton	LCAM-02	2:30.11	Jennifer Alger	SPM-02	5:38.00	Esther Smith	UNA-94
25-29	30.09	Sudie Miller	HLJ-93	1:07.57	L Welting	FAST-95	2:29.66	L Welting	FAST-95	1:08.66	Lisa Summers	SPM-96	2:29.81	L Welting	FAST-95	5:12.72	L Welting	FAST-95
30-34	31.42	M DiGiacomo	SWIM-00	1:08.98	Karen Becker	ACTT-99	2:33.31	Linda Visser	SWIM-00	1:13.11	Karen Becker	ACTT-99	2:37.19	M Keller	ORLM-96	5:22.89	Linda Visser	SWIM-00
35-39	30.39	C Shonkwiler	DSMC-96	1:09.72	Karen Becker	TBAC-03	2:40.03	Karen Becker	TBAC-03	1:11.47	C Petersen	SPM-02	2:30.38	C Petersen	SPM-02	5:43.54	Karen Becker	TBAC-03
40-44	31.85	C Shonkwiler	ORLM-03	1:11.95	C Shonkwiler	ORLM-01	3:00.51	J Harrelson	SPM-98	1:14.34	C Shonkwiler	ORLM-01	2:46.16	Mary Roebuck	HLJ-02	6:04.21	Jo Harrelson	SPM-98
45-49	32.25	C-Ann Hudson	LCAM-02	1:13.36	C-Ann Hudson	LCAM-02	2:57.20	Anne Grams	UNA-95	1:18.30	Jean Bancks	HLJ-02	2:54.65	P McDonnell	IRCC-01	6:09.55	Jo Harrelson	SPM-01
50-54	36.43	Jayne Lambke	SPM-89	1:22.64	Jayne Lambke	SPM-89	3:20.74	E Bromwich	SPM-93	1:20.89	Deb Walker	SWIM-02	3:10.74	E Bromwich	SPM-93	6:57.84	Jayne Lambke	SPM-89
55-59	37.70	Jayne Lambke	SPM-94	1:31.26	Jayne Lambke	SPM-94	3:28.37	Jayne Lambke	SPM-94	1:31.20	Jayne Lambke	SPM-96	3:21.23	Jayne Lambke	SPM-95	6:57.84	Jayne Lambke	SPM-95
60-64	41.82	Jayne Lambke	SPM-99	1:40.35	Jayne Lambke	SPM-99	4:22.37	N Durstein	CATM-93	1:35.60	Jayne Lambke	SPM-99	3:25.90	Florence Carr	HLJ-87	8:33.38	Jean Sterling	DBMS-00
65-69	43.93	Florence Carr	HLJ-90	1:53.46	Pat Tullman	FMM-03	4:09.94	Florence Carr	HLJ-93	1:37.84	Florence Carr	HLJ-90	3:49.03	Florence Carr	SPM-94	8:16.12	Florence Carr	SPM-94
70-74	47.04	Florence Carr	SPM-96	1:55.64	Jean Troy	FMM-00	4:18.32	Jean Troy	FMM-01	1:43.66	Florence Carr	SPM-95	3:46.89	Florence Carr	SPM-95	8:19.48	Jean Troy	FMM-99
75-79	48.70	Jean Troy	FMM-02	1:58.42	Jean Troy	FMM-02	5:07.59	June Reynolds	SPM-99	1:46.72	Jean Troy	FMM-02	3:49.91	Jean Troy	FMM-02	8:30.87	Jean Troy	FMM-02
80-84	1:07.38	Gertrud Zint	IRCC-97	2:36.99	June Reynolds	FMM-02	6:04.35	June Reynolds	FMM-03	2:17.75	June Reynolds	FMM-02	5:01.71	Kay Schimpf	SPM-97	11:05.81	Kay Schimpf	SPM-97
85-89	1:31.62	Gertrud Zint	FMM-02							2:40.99	Gertrud Zint	FMM-02	6:12.33	Gertrud Zint	FMM-02	13:32.12	Gertrud Zint	FMM-03
90-94																		
95-99																		

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

FLORIDA LMSC RECORDS

Short Course Meters (As of 12/31/03)

M E N

		50 FREE		100 FREE		200 FREE		400 FREE		800 FREE		1500 FREE			
19-24	24.12	Nei-Kuan Chia	UNA-01	53.12	Jeff Poppell	HLJ-93	1:56.27	Jeff Poppell	HLJ-93	4:08.28	Jeff Poppell	HLJ-93	16:15.25	Jeff Poppell	HLJ-93
25-29	23.12	Atiba Wade	ORLM-02	52.47	Atiba Wade	ORLM-02	1:57.15	Paul Robinson	ORLM-93	4:10.40	Paul Robinson	ORLM-93	17:08.15	Andrew Farrell	ORLM-99
30-34	24.18	John Black	HLJ-93	53.62	John Black	HLJ-93	2:00.12	Cris Williams	HLJ-93	4:21.63	Cris Williams	HLJ-93	17:37.82	Andrew Farrell	ORLM-00
35-39	24.81	Scot Weiss	ORLM-03	54.06	Meisenheimer	ORLM-94	1:57.31	Meisenheimer	ORLM-94	4:16.27	Wm Specht	SPM-95	18:50.49	Larry Black	SWIM-95
40-44	24.82	S Allbritton	SPM-02	55.02	Miltenberger	ORLM-93	2:03.31	Jerry Dawson	UNA-03	4:09.10	Wm Specht	SPM-99	18:06.85	Larry Black	SWIM-00
45-49	25.27	Thomas Peek	HLJ-93	55.71	Meisenheimer	ORLM-02	2:04.62	Meisenheimer	ORLM-02	4:21.20	Wm Specht	SPM-03	17:24.06	Mark Drennen	SWIM-03
50-54	26.25	G Woodsum	ATAC-00	58.40	G Woodsum	ATAC-00	2:11.43	K McCormack	SWIM-02	4:40.94	Rick Walker	SWIM-00	18:15.20	Rick Walker	SWIM-00
55-59	26.88	G Woodsum	ATAC-02	1:00.46	G Woodsum	ATAC-02	2:20.85	G Woodsum	ATAC-02	5:00.99	Burwell Jones	HLJ-90	20:03.24	Burwell Jones	UNA-89
60-64	29.54	Harold Murray	HLJ-03	1:05.00	Jack Beattie	ORLM-94	2:32.10	Jerry Glancy	ORLM-98	5:23.95	Jerry Glancy	ORLM-98	22:57.95	Jerry Glancy	ORLM-98
65-69	30.72	Dren Geer	SWIM-99	1:08.55	Dren Geer	SWIM-99	2:27.88	Burwell Jones	UNA-02	5:37.14	Dren Geer	SWIM-00	20:54.80	Burwell Jones	UNA-02
70-74	31.67	Donald Sonia	IRCC-00	1:09.77	Burwell Jones	SWIM-03	2:46.95	Donald Sonia	IRCC-02	5:15.88	Burwell Jones	SWIM-03	23:58.19	Robert Beach	SPM-03
75-79	33.94	Paul Hutinger	FMM-99	1:25.23	Paul Hutinger	FMM-00	3:21.95	Paul Hutinger	FMM-01	6:53.63	Paul Hutinger	FMM-00	28:18.14	Paul Hutinger	FMM-00
80-84	36.71	Rogers Holmes	HLJ-02	1:37.56	Rogers Holmes	HLJ-01	3:53.35	J Johnston	SPM-95	8:07.87	N Skjersaa	ORLM-96	34:29.00	Fred Walbolt	SPM-94
85-89	40.86	B Cleaveland	FMM-02	1:46.59	B Cleaveland	FMM-02	4:17.55	B Cleaveland	FMM-02	11:04.27	F Tillotson	FMM-99	37:45.56	D Malbrough	FMM-98
90-94	1:05.13	Peter Jurczyk	IRCC-97	2:30.54	Peter Jurczyk	IRCC-97									
95-99															
		50 BACK		100 BACK		200 BACK		50 BREAST		100 BREAST		200 BREAST			
19-24	27.70	Nei-Kuan Chia	UNA-01	1:00.29	Nei-Kuan Chia	UNA-01	2:10.62	Jeff Poppell	HLJ-93	32.99	Jack Thomas	SWIM-96	2:39.10	C Sikes	IRCC-90
25-29	28.81	James Smith	JAM-95	59.36	Nei-Kuan Chia	UNA-03	2:10.95	Paul Robinson	ORLM-93	29.35	Atiba Wade	ORLM-02	2:30.94	Rob Butcher	DBMS-98
30-34	25.54	Martin Zuber	ORLM-01	55.19	Martin Zuber	UNA-03	2:00.43	Martin Zuber	ORLM-01	31.18	Rob Butcher	DBMS-02	2:39.25	D Doll	ORLM-96
35-39	27.54	Wm Specht	SPM-93	59.57	Wm Specht	SPM-94	2:10.01	Wm Specht	SPM-93	31.63	Richard Mercer	HHSC-02	2:37.64	Richard Mercer	HHSC-02
40-44	27.84	Wm Specht	SPM-98	59.26	Wm Specht	SPM-98	2:09.61	Wm Specht	SPM-98	30.80	Miltenberger	ORLM-93	2:36.32	Miltenberger	ORLM-93
45-49	28.81	Casev Clafin	SWIM-99	1:03.19	Casev Clafin	SWIM-00	2:17.71	Wm Specht	SPM-03	32.68	Miltenberger	ORLM-96	2:39.36	Mark Drennen	SWIM-03
50-54	32.10	K McCormack	SWIM-03	1:08.42	K McCormack	SWIM-03	2:33.23	K McCormack	SWIM-03	33.63	Scott Guthrie	UNA-95	2:47.21	John McCall	ORLM-03
55-59	33.37	Jack Beattie	HLJ-89	1:12.89	Jack Beattie	HLJ-89	2:41.11	Jack Beattie	HLJ-89	34.06	Scott Guthrie	UNA-99	3:04.25	James Redic	SWIM-03
60-64	34.05	Jack Beattie	ORLM-94	1:13.55	Jack Beattie	ORLM-94	2:40.75	Jack Beattie	ORLM-94	38.09	Gary Trimble	SWIM-03	3:17.40	Gary Trimble	SWIM-03
65-69	35.10	Burwell Jones	UNA-02	1:16.77	Burwell Jones	UNA-02	2:57.61	Jack Beattie	ORLM-01	40.99	R MacDonald	FMM-97	3:23.57	R MacDonald	SPM-95
70-74	35.71	Paul Hutinger	SPM-94	1:16.73	Burwell Jones	SWIM-03	2:51.24	Burwell Jones	SWIM-03	41.91	R MacDonald	FMM-98	3:24.72	R MacDonald	FMM-98
75-79	38.38	Paul Hutinger	FMM-99	1:25.13	Paul Hutinger	FMM-00	3:12.53	Paul Hutinger	FMM-00	43.42	R MacDonald	FMM-03	3:41.95	R MacDonald	FMM-03
80-84	44.53	Rogers Holmes	HLJ-02	1:43.53	Rogers Holmes	HLJ-01	3:48.87	Rogers Holmes	HLJ-01	54.52	A Brainin	SPM-02	4:43.42	D McCullough	FMM-99
85-89	53.36	D Malbrough	FMM-98	2:00.81	D Malbrough	FMM-98	4:44.23	D Malbrough	FMM-98	53.44	B Cleaveland	FMM-02	5:04.17	B Cleaveland	FMM-02
90-94	1:15.93	Peter Jurczyk	IRCC-97	2:49.42	Peter Jurczyk	IRCC-97									
95-99															
		50 FLY		100 FLY		200 FLY		100 IM		200 IM		400 IM			
19-24	25.94	Nei-Kuan Chia	UNA-01	57.54	Jeff Poppell	HLJ-93	2:07.64	Jeff Poppell	HLJ-93	1:02.77	Chris McKee	ORLM-03	4:44.27	Jeff Poppell	HLJ-93
25-29	25.58	Nei-Kuan Chia	UNA-03	56.91	Nei-Kuan Chia	UNA-03	2:29.30	Stuart Barton	DSMC-96	1:02.24	Graham Ginn	HLJ-98	4:52.77	Paul Robinson	ORLM-93
30-34	26.58	M Shepardson	SPCO-90	58.88	M Shepardson	SPCO-90	2:15.59	Wm Specht	SPM-92	56.66	Martin Zuber	UNA-03	5:08.11	Cris Williams	HLJ-93
35-39	25.89	Wm Specht	SPM-93	57.02	Wm Specht	SPM-93	2:06.48	Wm Specht	SPM-94	1:02.77	Richard Mercer	HHSC-02	5:21.10	John Galloway	SPM-00
40-44	25.89	Wm Specht	SPM-98	56.18	Wm Specht	SPM-98	2:02.97	Wm Specht	SPM-98	1:03.06	Jerry Dawson	UNA-03	4:55.94	Wm Specht	SPM-01
45-49	26.87	Wm Specht	SPM-03	58.14	Wm Specht	SPM-03	2:09.06	Wm Specht	SPM-03	1:04.93	Casey Clafin	SWIM-00	5:01.91	Mark Drennen	SPCO-03
50-54	27.67	John McCall	ORLM-02	1:00.08	John McCall	ORLM-03	2:29.44	John McCall	ORLM-01	1:07.82	J Smith	HLJ-89	5:14.61	John McCall	ORLM-03
55-59	31.62	John Wagner	SWIM-98	1:15.31	E Leskowitz	CATM-92	3:02.14	E Leskowitz	HLJ-96	1:12.67	Burwell Jones	HLJ-89	5:54.37	Burwell Jones	HLJ-89
60-64	33.56	Harold Murray	HLJ-03	1:21.37	Christian Iselin	ORLM-03	3:12.16	Christian Iselin	ORLM-03	1:18.44	Harold Murray	HLJ-03	6:38.30	Christian Iselin	ORLM-03
65-69	35.41	Paul Hutinger	SPM-93	1:29.92	Dren Geer	SWIM-03	3:15.07	Dren Geer	SWIM-00	1:15.82	Burwell Jones	UNA-02	6:49.87	Dren Geer	SWIM-00
70-74	35.13	Paul Hutinger	SPM-94	1:33.00	R MacDonald	FMM-99	3:44.03	Joe Kurtzman	FMM-97	1:17.22	Burwell Jones	SWIM-03	7:01.47	Paul Hutinger	SPM-94
75-79	39.79	Paul Hutinger	FMM-00	1:44.41	R MacDonald	FMM-03	4:16.35	Joe Kurtzman	FMM-01	1:32.31	Paul Hutinger	FMM-00	8:00.40	Paul Hutinger	FMM-00
80-84	45.56	Rogers Holmes	HLJ-01	2:37.27	J Johnston	SPM-96	5:25.39	J Johnston	SPM-95	1:48.37	Rogers Holmes	HLJ-01	10:45.22	D McCullough	FMM-99
85-89	1:21.41	D McCullough	FMM-01	3:11.89	D McCullough	FMM-01				2:12.82	B Cleaveland	FMM-03	12:53.77	D McCullough	FMM-01
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

Short Course Meters (As of 12/31/03)

200 FREE-WOMEN			200 MEDLEY-WOMEN			400 FREE-WOMEN			400 MEDLEY-WOMEN			800 FREE-WOMEN		
76+	2:06.79	Sirbu, Hall McNiece, Ries ORLM-93	2:25.00	Keaton, Saristry Kosson, Olson ORLM-01	4:51.41	Kosson, Saristry Keaton, Olson ORLM-01								
100+	1:58.34	Steele, Aguilar Hansen, Sutton HLJ-94	2:15.25	Trompke, Alger Forkois, Petersen SPM-02	4:18.93	Junkerman, Brown Trompke, Petersen SPM-00	5:43.89	Dickson, Sariusky Bettler, Marques ORLM-02			10:48.31	Oleksy, Swanson Flanagan, Stauch SPM-95		
120+	1:58.49	D & H O'Brien Hartle, Keller ORLM-95	2:12.76	Tibma, Orlando Sh'wiler, Petersen SPM-98	4:22.74	Beebe, Shonkwiler Moses, Petersen SPM-99	5:09.56	Trompke, Orlando Zien, Petersen SPM-01			11:00.62	Harrelson, Swanson Geiger, Leadbetter SPM-00		
160+	2:03.36	Tibma, Moses Geiger, Petersen SPM-00	2:22.16	Dodd, Walker Seal, Kolbe SWIM-98	5:03.89	Salzman, Zien Swanson, Harrelson SPM-02	5:23.16	Orlando, Flanagan Moses, Geiger SPM-99						
200+	2:36.49	Brewer, Steer Geiger, Lambke SPM-99	2:44.33	Geiger, Harrelson Lambke, Bromwich SPM-98	5:48.78	Lambke, Steer Harrelson, Swanson SPM-99	6:10.61	Harrelson, Bromwich Swanson, Geiger SPM-03						
240+	2:47.44	Bromwich, Steer Knight-Perry, Geiger SPM-02	3:18.02	Bromwich, Steer Geiger, Knight-Perry SPM-02	6:35.11	Bromwich, Steer Knight-Perry, Geiger SPM-02	7:08.51	Bromwich, Steer Knight-Perry, Geiger SPM-02			16:24.75	Prokopi, Olsen Hutinger, Mitchell SPM-95		
280+	3:04.95	Carr, Zint Reynolds, Beers HLJ-93	3:24.20	Tullman, Kenner Troy, Carr FMM-01	6:10.44	Troy, Homans Carr, Tullman FMM-02	7:30.18	Tullman, Kenner Troy, Carr FMM-01			19:26.58	Oreto, Yost Kennedy, Reynolds SPM-95		
320+	3:25.71	Troy, Schimpf Zint, Carr FMM-02	4:13.67	Kenner, Zint Carr, Schimpf FMM-02	9:34.11	Schimpf, Hughes Zint, Kenner FMM-02					18:25.47	Schimpf, Hughes Reynolds, Carr FMM-01		
200 FREE-MEN			200 MEDLEY-MEN			400 FREE-MEN			400 MEDLEY-MEN			800 FREE-MEN		
76+			1:54.72	Neumayer, Wade Hynes, McKee ORLM-02										
100+	1:43.60	Boney, McKee Neumayer, Wade ORLM-02	1:53.48	Black, Williams McKean, Poppell HLJ-93	3:53.22	Wade, Hynes Weiss, Neumayer ORLM-02								
120+	1:39.49	McKean, Williams J Black, Peek HLJ-93	1:53.30	De La Piedra, Koenig Starford, Scott TBAC-01	3:53.02	Starford, Scott Maddox, De La Piedra TBAC-02	4:45.02	Bateman, Turner McCall, Finney SPCO-99						
160+	1:43.39	Weiss, Meisenheimer Keen, Ehmke ORLM-02	1:54.08	S'pardson, M'berger Ehmke, M'senheimer ORLM-96	3:50.75	Allbritton, Hemple Kennedy, Frazier SPM-02	4:34.18	Specht, Hemple Collins, Frazier SPM-02			8:45.81	Woodsom, Ruth Williams, Schlak BRAT-95		
200+	1:47.69	Inman, Hawkins Bastman, Scott TBAC-02	2:11.89	Hawkins, Inman Carrol, Bastman TBAC-02			4:46.31	Hefner, Donnelly McCormack, Brewer SWIM-00						
240+	2:07.68	Weatherbee, Beattie Sirbu, Glancy ORLM-96	2:23.88	Hutinger, Betzer Smith, Ferris SPM-93	5:17.90	Burns, Kohnken DeGroot, Ferris SPM-93	6:08.92	Hutinger, Burns Betzer, Johnston SPM-92						
280+	2:21.20	MacDonald, Hutinger Unger, A Kurtzman FMM-99	2:31.20	Hutinger, M'Donald Kurtzman, Maloney FMM-97	5:47.99	Hutinger, Maloney Schlegel, MacDonald FMM-00	6:10.90	Hutinger, MacDonald Lathi, Schlegel FMM-01			14:59.48	Tillotson, Hutinger Maloney, Everhart FMM-00		
320+	3:23.04	Tillotson, Cleaveland Williams, Pitts FMM-02	3:57.79	Tillotson, Cleaveland Maloney, Homans FMM-02	7:58.92	Tillotson, Williams Cleaveland, McDonald FMM-02	8:44.50	Tillotson, Cleaveland McDonald, Homans FMM-02			18:05.44	Hotvedt, Tillotson Johnston, Walbolt SPM-95		
200 FREE-MIXED			200 MEDLEY-MIXED			400 FREE-MIXED			400 MEDLEY-MIXED			800 FREE-MIXED		
76+	1:55.85	Hall, Charmforoosh Sirbu, Brancato ORLM-93	2:15.73	Neumayer, Sariusky Bettler, Wade ORLM-02										
100+	1:49.49	Thomas, Sutton Runyon, Faubel SWIM-96	2:04.48	Willis, Ch'mforoosh Brancato, V D Molen ORLM-94										
120+	1:45.78	Summers, Specht M-Bussey, Barton SPM-96	2:00.78	Specht, Orlando Barton, Shonkwiler SPM-98			5:37.82	Irving, D Walker Borsheski, Mitchinson SWIM-03			10:47.66	Irving, Borsheski Thompson, Seal SWIM-03		
160+	1:50.25	Weiss, Marques Shonkwiler, Ehmke ORLM-03	2:06.42	Frazier, Flanagan Specht, Petersen SPM-01	4:51.26	Milligan, Orlando Bastie, Shonkwiler SPM-98					10:47.61	Ross, Betzer Geiger, Leadbetter SPM-95		
200+	2:11.62	Dodd, Garbus Worthington, Claffin SWIM-00	2:20.09	Claffin, D Walker Geer, Dodd SWIM-00			5:45.64	Geiger, Betzer Zien, Beach SPM-01			14:09.20	K-Perry, Perry Steer, Day SPM-95		
240+	2:23.84	Lambke, Bromwich Arnold, Ferris SPM-98	2:35.19	Gilligan, D Walker Messineo, Randall SWIM-01	6:13.89	Steer, Lambke Kohnken, Ferris SPM-98	6:23.18	Betzer, Steer Bastie, Knight-Perry SPM-02			12:46.60	Cox, Allen Lambke, Kohnken SPM-95		
280+	2:32.53	Troy, MacDonald Tullman, P Hutinger FMM-00	2:58.72	P Hutinger, M'Donald Carr, Schimpf SPM-95	6:03.05	Schimpf, Carr DeGroot, MacDonald SPM-95	6:34.16	P Hutinger, Maloney Tullman, Troy FMM-00			13:32.79	Maloney, Schimpf Carr, MacDonald SPM-95		
320+	2:57.86	Carr, Reynolds P Hutinger, Cleaveland FMM-03	3:26.35	P Hutinger, Zint Troy, Cleaveland FMM-03	8:18.35	Johnston, Schimpf Walbolt, Reynolds SPM-97								

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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.

11th Annual Fort Lauderdale Short Course Masters Challenge

Sanctioned by Florida Gold Coast Masters for USMS, Inc.
Sanction # 504-002

- DATE:** February 20, 2004 Warm-up 5:00 PM Meet 6:00 PM
February 21, 2004 Warm-up 9:00 AM Meet 10:00 AM
February 22, 2004 Warm-up 9:00 AM Meet 10:00 AM
- POOL:** Fort Lauderdale Aquatic Complex
501 Seabreeze Boulevard
Fort Lauderdale, FL 33316
PH: 954-828-4580
- COURSE:** 8 lane, 25 yard course with Colorado timing. Many additional lanes available for warm-up throughout competition. Two courses may be used if entries allow.
- ELIGIBILITY:** Meet is open to all USMS registered swimmers 19 years or older. Age to be determined as of February 22, 2004.
- RULES:** 2004 USMS rules will govern this meet.
- ENTRIES:** Competitors may enter up to a maximum of five (5) events per day. Entries will be seeded slowest to fastest. Events 400 yards and longer will be deck seeded with a positive check in. Check in deadline will be 5:30 PM on February 20, and 9:30 AM on February 21 and February 22.
- DEADLINE:** All entries must be in the hands of the Entry Chairman by February 18, 2004. **ATTACH A COPY OF YOUR 2004 USMS REGISTRATION CARD TO THIS ENTRY FORM.** Checks for entry fees are to be made payable to: *City of Fort Lauderdale*, and mailed to:
- MASTERS CHALLENGE**
Fort Lauderdale Aquatic Complex
501 Seabreeze Boulevard
Ft. Lauderdale, FL 33316
- ** NO ENTRIES WILL BE ACCEPTED ON THE DAY OF THE MEET ****
- AWARDS:** Awards will be given to the top three finishers in each event.
- RELAYS:** Relay entries will be accepted on the deck 30 minutes prior to the start of the relays. There will be **NO CHARGE** for relay entries.
- MEET SHIRT:** Each participant will receive a meet T shirt compliments of *St. Barts Coffee Company*

THIS EVENT SPONSORED BY:

Florida Gold Coast Masters and The City of Fort Lauderdale

** OFFICIAL ENTRY FORM **

Name: _____
 Address: _____
 City: _____
 State: _____ Zip: _____
 Phone(home) _____ Email: _____
 Age: _____ Birthdate: _____ Sex: _____
 2004 USMS # _____ Club: _____

**ATTACH
 COPY
 OF USMS
 CARD
 HERE**

*If card is current, please attach it
 and list only phone number(s) at left*

WOMEN		FRIDAY @ 6:00 pm	MEN	
	EVT			EVT
	1 _____	1000 FREE	_____	2 _____
	3 _____	400 IM	_____	4 _____
Enter seed times in proper column	5 _____	SATURDAY @ 10:00 am	_____	6 _____
	7 _____	200 IM	_____	8 _____
	9 _____	50 BACK	_____	10 _____
	11 _____	100 FLY	_____	12 _____
	13 _____	200 FREE	_____	14 _____
	15 _____	100 BREAST	_____	16 _____
	17 _____	200 BACK	_____	18 _____
	19 ENTERAT MEET	50 FLY	_____	20 ENTERAT MEET
	21 ENTERAT MEET	200 MEDLEY RELAY	_____	21 ENTERAT MEET
	23 _____	200 MIXED FREE RELAY	_____	24 _____
		500 FREE	_____	
WOMEN		SUNDAY @ 10:00 am		MEN
	25 _____	200 BREAST	_____	26 _____
Limit 5 events per day	27 _____	100 IM	_____	28 _____
	29 _____	50 FREE	_____	30 _____
	31 _____	100 BACK	_____	32 _____
	33 _____	200 FLY	_____	34 _____
	35 _____	50 BREAST	_____	36 _____
	37 _____	100 FREE	_____	38 _____
	39 ENTERAT MEET	200 FREE RELAY	_____	40 ENTERAT MEET
	41 ENTERAT MEET	200 MIXED RELAY	_____	41 ENTERAT MEET
	43 _____	1650 FREE	_____	44 _____

Pool Fee	(required of all swimmers)	\$5.00
Individual Event Charge	2.00 x _____ events	_____
Results mailed	\$4.00	_____
TOTAL ENTRY:		_____

***** PLEASE SIGN RELEASE 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 of 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, THE CITY OF FORT LAUDERDALE, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Date: _____ Signature: _____

DON'T WASTE YOUR BASE

TAM's 1650 Postal January & February 2004

Sanctioned by Pacific Masters Swimming, Inc. for USMS, Inc. Sanction # 38-04-01

WHAT YOU NEED: A pool at least 25 yards in length and someone to time you

DISTANCE: 1650 yards (or 1500 meters swum in a meters pool (50 m. or 25 m.))

DATE: Anytime during the months of January and February, 2004

ELIGIBILITY: All swimmers registered with USMS for 2004 are eligible to participate.

RULES: All USMS and PMS rules apply. A split sheet with 50 yard/meter splits must be signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming not permitted. Meters times may be converted to yards times by dividing by 1.02

ENTRY FORMS: You may enter by using the entry form below or a consolidated entry form. Again, a split sheet with 50 yard/meter splits signed by at least one timer must be attached to the entry form. Enter relays by filling out the relay form and attaching photocopies of the four (4) individual entries. **EACH INDIVIDUAL ENTRY MUST BE ACCOMPANIED BY A COPY OF THE SWIMMER'S CURRENT USMS CARD.** Mail entries to TAM 1650, 1000 Fourth Street, Suite 875, San Rafael, CA 94901. Fee of \$3.00 will be charged for each incomplete entry form.

POSTMARK DEADLINE: All entries must be postmarked by March 10, 2004.

AGE DIVISIONS: 19-24, 25-29, 30-34, etc., male and female.

RELAYS: Four (4) person relay entries will be accepted in the following age groups: 19+, 25+, 35+, etc., male, female and mixed (each person swims the 1650; relay entries are scored on total combined time for the four (4) 1650s). There is a \$4.00 entry fee for each four (4) person relay entry.

ENTRY FEES: For individual entries: \$6.00 for U.S. entries, \$10.00 for international entries. For relay entries: \$4.00 for each four (4) person relay entry. Checks should be made payable to "Tamalpais Aquatic Masters". Entry fees are not refundable or transferable.

AWARDS: Awards will be given for 1-3 place for individual events and first place for relays.

T-SHIRTS: T-shirts are available for \$15 each. XX large are \$16. If you wish to order a T-shirt, please indicate the size you want below **and on your check.** T-shirt (Please circle): No Yes Size (Please circle size): XXL XL L M S

INFORMATION: For more information or questions please contact Jon Steiner at (415) 459-2000, Fax: (415) 459-3668, email: lawjls@aol.com

Name..... AgePlease circle: Male Female; MY TIME: :

Address.....City.....StateZip Date of Birth:

Telephone: (.....).....Club USMS No.:.....

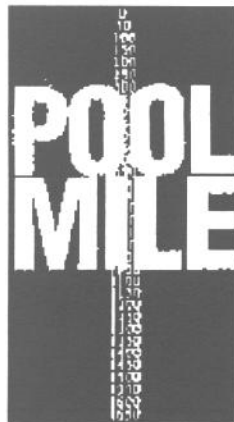
email address: _____ I will accept results by email only _____ (Please check)

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 AND/OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by time rules and regulations of USMS for Open Water Events. In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Name of Event: TAM 1650 Postal Date of Event:.....Signature

MAKE SURE YOUR ENTRY FEE, A SIGNED SPLIT SHEET, AND A COPY OF YOUR CURRENT USMS CARD ARE ATTACHED.

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SPLIT SHEET

Name:.....

50	100	150	200
250	300	350	400
450	500	550	600
650	700	750	800
850	900	950	1000
1050	1100	1150	1200
1250	1300	1350	1400
1450	1500	1550	1600
1650			

Timer's Signature:.....

RELAY ENTRY FORM

Name:	Age:	Time:
Name:	Age:	Time:
Name:	Age:	Time:
Name:	Age:	Time:

Please circle: Men's Women's Mixed Youngest Age:

Club Name:..... Total Time:.....

St. Pete Masters SCY Championships – March 12-14, 2004

Sanctioned by Florida LMSC for USMS Inc. – Sanction # 144-006

- Date & Time:** Friday, March 12, 2004..... Warm Up: 4:30 pm; Start: 5:00 pm
Saturday and Sunday, March 13 & 14, 2004.... Warm Up: 8:00 am; Start: 9:00 am
- Facilities:** North Shore Pool is located at 901 North Shore Drive NE, in St. Petersburg, FL. A maximum of 10 lanes will be seeded for all events. Colorado Timing with touch pads will be utilized with back-up watches for all events.
- Eligibility:** Open to all MASTERS age 19 or older. Entrants must have a 2004 USMS Registration Card or foreign equivalent. A **photocopy MUST** be attached to the entry form. 2004 USMS rules govern this meet.
- Individual Events:** Check in required for the 1650 yd Free, 400 yd IM and 500 yd Free. All events will be timed finals and seeded slowest to fastest. Possible seeding exceptions may be made as required to fill heats on Friday evening. The 1000 yd Free split will be officially submitted for every swimmer completing the 1650 yd Free, but can not be guaranteed due to potential Colorado Timing problems.
- Relays:** Relays will be deck entered and seeded a half hour prior to each race. All relay swimmers must be registered for the meet (pay the meet surcharge and sign the meet waiver).
- Entries & Fees:** Swimmers must pre-enter by mail. Swimmers may swim a maximum of five (5) individual events per day PLUS relays. The entry fee is \$2.50 per individual event, \$5.00 per relay event and a \$12 meet surcharge for all swimmers. Enclose a SASE or e-mail address to confirm your entry was received. Questions? Contact: Bob Atwood (727) 821-5098 or ratwood42@aol.com
- Deadline for Entry:** In order to avoid a late fee charge, meet entries must be postmarked by **Tuesday, March 2, 2004**. Late entries received by mail (postmarked after March 2), phone or e-mail after this date will be accepted with an additional \$10 fee until Friday, March 5. Meet Scratches received prior to March 5 – **entire** entry fee will be refunded. Refunds for scratches **received on or after March 5 will not include the Meet Surcharge**.
- Scoring & Awards:** Awards will be given for each event. **Individual High Point** awards for 1st, 2nd and 3rd in all age groups will be given with a minimum of five events completed. **Team awards** for combined men and women 1st, 2nd and 3rd will be a charitable donation to a recognized charity of their choice. Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays. Clubs and swimmers affiliated with **FACT** will swim as their chapter for this meet (i.e. CATM swims as CATM, SWIM as SWIM). **FACT** co-mingled relays do not count toward chapter/team high point awards.
- T-shirt:** A commemorative meet T-shirt can be purchased for \$15.00 with your meet entry. Please enter the number & size(s) on your entry.
- Social:** Saturday Night Social at downtown St.Pete location to be announced on Saturday.

Event Order:	<u>Friday, March 12th</u>	<u>Saturday, March 13th</u>	<u>Sunday, March 14th</u>
	1/2 1650 yd Free **	3/4 200 yd Back	23/24 100 yd Back
		5/6 100 yd IM	25/26 50 yd Breast
		7/8 200 yd Free	27/28 100 yd Fly
	** check in required on the day of the event	9/10 200 yd Mixed Medley Relay	29/30 200 yd Mixed Free Relay
		11/12 50 yd Back	31/32 200 yd Breast
		13/14 100 yd Breast	33/34 100 yd Free
		15/16 200 yd Fly	35/36 200 yd IM
	Notice: LMSC meeting	17/18 50 yd Free	37/38 50 yd Fly
	Saturday immediately	19/20 200 yd Medley Relay	39/40 200 yd Free Relay
	after 400 IM	21/22 400 yd IM **	41/42 500 yd Free **

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

Fees: Meet surcharge.....= \$ 12.00
 # events () x \$2.50.....= \$ _____
 Late fee, if applicable @ \$10.....= \$ _____
 Copy of final results @ \$5.....= \$ _____
 T-shirt Size S M L XL @ \$15.....= \$ _____
 (circle sizes of shirts ordered)
 TOTAL ENCLOSED.....= \$ _____

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

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

Make checks payable to **St. Pete Masters** and mail the check and the entry form with this tab attached to
 SPM c/o Bob Atwood
 130 23rd Avenue North
 St. Petersburg, FL 33704

2004 Tampa Bay Marathon Swim Entry Form

Name: _____ Sex: _____ Age on race day _____

Address: _____ Apt No. _____ Telephone: _____

City: _____ State: _____ Country: _____ ZIP: _____ Email: _____

2004 USMS Registration Number: _____ - _____ Club Affiliation _____

Relay Team Name _____ Category M F MIXED
(Each relay member must fill out and sign this form)

Full USMS members are eligible to participate a year of USMS sanctioned events, and are covered by USMS secondary accident insurance while participating in sanctioned events or supervised practices. You also receive the national magazine and local newsletters.

One Event Registration is also available for non-USMS participants-good only for this event. You must email or call for details regarding the One Event Registration procedures. International competitors must attach a 2004 membership card from your country's governing body.

Solo swimmer entry fee \$120 (includes 2 t-shirts) \$ _____

Relay entry fee \$150/\$240(includes a t-shirt and one award per relay member) \$ _____

One event USMS membership fee \$15 (good for this event only) \$ _____

Please(very important)indicate your support boat plans:

I am bringing my own power boat and crew (\$0) \$ _____

I need to rent a power boat for the day (manned or unmanned \$300) \$ _____

I need to rent a kayak for the day (manned \$100, unmanned \$50) \$ _____

Additional T-Shirts (while supplies last) at \$10.00 each \$ _____

T-Shirt (please indicate quantity and sizes) M _____ L _____ XL _____ XXL _____

Total Due (Make checks payable to Distance Matters, Inc.) \$ _____

USMS RELEASE FROM LIABILITY. 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, INCLUDED ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OR THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume all those risks.

SIGNATURE: _____ DATE: _____

Attach a copy of your current USMS registration card to this entry form or mail it in as soon as you receive your 2004 card. You must print a hard copy of this form and return to the race director by March 1, 2004. Mail to Distance Matters, Inc. 1920 Cobblestone Way; Clearwater, FL 33760. Ph 727 531 7999. Email address is collins@tampabay.rr.com On the www: <http://distancematters.com>

“HURRICANE - MAN” 2.4 MILE ROUGH WATER SWIM
“PASS-A-GRILLE CHALLENGE” 1000 METER SWIM
MAY 8, 2004 - 7:30 AM - SATURDAY

SIGN UP: MAIL TO: “HURRICANE-MAN” C/O LIVIA ZIEN, 220 24TH AVE. N., ST. PETERSBURG, FL. 33704 BY 5-5-04. ENTRY FEE IS \$25 USA SWIMMING/USMS REGISTERED, \$40 UNREGISTERED SWIMMERS AGED 19 AND OVER. CHECKS PAYABLE TO “ST. PETE MASTERS”. RACE DAY SIGN-UP AT HURRICANE RESTAURANT 6-7 AM 5-8-04, \$30/\$45. SPONSORS: ST. PETE MASTERS/ST. PETE AQUATICS, FAMOUS POST RACE BREAKFAST BUFFET - HURRICANE RESTAURANT; AWARD CERTIFICATES TOP 5 AGE GROUP FINISHERS. NO WET SUITS/FINS. FULL INFO WITH SIGN UP. NO REFUNDS. USA SWIMMERS IN 2.4 MILE RACE NEED THEIR COACH’S APPROVAL! RACE START: 2.4 MILE AT COUNTY PARK, 4700 GULF BLVD. / 1000 M AT 22ND AVE. AND GULF WAY, ST. PETE BCH. THE KEYSTONE MOTEL - 801 GULF WAY, ST. PETE BCH, FL. 33706 (727) 360-1313. HURRICANE REST. 807 GULF WAY.

SANCTIONED BY FLORIDA LMSC FOR USMS, INC. SANCTION # 144-0040W SANCTIONED BY FLORIDA SWIMMING, INC. FOR USA SWIMMING, INC SANCTION # 3579

NAME: _____ **SEX:** _____ **AGE:** _____ **BIRTHDATE:** ____/____/____

MAILING ADDRESS: _____ **CITY:** _____ **STATE:** _____ **ZIP:** _____

TEAM: _____ **USA SWIMMING / USMS #:** _____ **PH:** _____ - _____ - _____

!! IMPORTANT !! - CIRCLE RACE: 2.4 MILE 1000 METER T-SHIRT SIZE S M L XL

USA SWIMMING APPLICATION: 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 USA 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 USA SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: USA SWIMMING, INC., THE LOCAL SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USA Swimming. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE OF PARTICIPANT:
 (Or parent if under 18 years of age): **USA SWIMMING:** _____ **DATE:** _____

MASTERS APPLICATION: 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 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 CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. I also specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

SIGNATURE OF PARTICIPANT
 (Must be 19 years of age or older.): **MASTERS:** _____ **DATE:** _____

UNREGISTERED SWIMMER (NON USA SWIMMER/USMS) AGE 19 AND OVER - COMPLETE THIS APPLICATION BELOW AND SIGN THE MASTERS APPLICATION ABOVE AS WELL. THIS IS YOUR “ONE EVENT MEMBERSHIP APPLICATION” FOR 2004. YOU WILL NEED TO PAY \$40 (\$45 EVENT DAY). YOU’LL GET A \$15 CREDIT TOWARDS A ONE YEAR MASTERS MEMBERSHIP IF YOU JOIN A MASTERS SWIM TEAM WITHIN 30 DAYS. RACE DIRECTOR: LIVIA ZIEN (727) 821-8113. CALL IF CONFUSED!

2004 ONE EVENT MEMBERSHIP APPLICATION - UNITED STATES MASTERS SWIMMING

LAST NAME: _____ **FIRST:** _____ **MI:** _____
STREET: _____ **APT.#:** _____
CITY: _____ **STATE:** _____ **ZIP:** _____
BIRTH DATE: ____/____/____. **AGE:** _____. **SEX:** _____. **TODAY’S DATE:** ____/____/____. **PH. #:** _____ - _____ - _____



OEVT - ONE EVENT MEMBERSHIP EVENT DATE: ____/____/____

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

S I G N A T U R E :

USA AND USMS SWIMMERS ATTACH COPY OF REGISTRATION CARD HERE.

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	Attach the entry form tab from the bottom of the information page in the space below!								
_____	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) MAY BE REJECTED! No time (NT) entries will NOT BE ACCEPTED!								

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!

Your Officers and Chairs



Tom Bliss, Chairman
5605 S. Tropical Trail
Merritt Island, FL 32952
321-453-3409
tobliss7@juno.com



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www.floridalmsc.org

FLORIDA

Florida Masters Swimming Committee, Inc.
Patricia Tullman
5432 Twin Creeks Drive
Valrico, FL 33594

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CLEARWATER, FL

1111

ASK THE SWIM DOCTOR

Question: How was your swimmer, Jean Troy (primarily a sprinter) who set World Records in 2002 in the short free events able to also break the World Record in the 1500m free in 2003?

Answer: Troy's answer is, "I worked my butt off!"

My answer is a change in attitude. When she set the World Records in the 400m and shorter events at age 75, I suggested she had the potential to break the 1500m record. She shrugged that off very quickly. Several months later, she had a change of heart, and set her own goal. I felt fortunate to have a swimmer with that mindset.

Here is an e-mail I sent to Jean in June 2003. In addition, phone calls and discussions at local meets helped prepare her. Although not ideal, she did all her training in a 25-yd pool. She did swim a preliminary 1500m free in a local meet.

"Your goal of swimming the 1500m Free at the Nationals in August is an excellent one. You will need some special training and I have confidence that you can get the record of 27:40. You have the speed that with some pace work several times a week can achieve a high performance for you. A pace of 1:40/100 yards will give you a 27:30 for a 1650.

Week 1--2 times a week--10 x 100 @ 2:00, avg. 1:40
Week 2--2 times a week--15 x 100 @ 2:00, avg. 1:40
Week 3--2 times a week--20 x 100 @ 2:00, avg. 1:40

Give me a report after week 1 so we can make any adjustments necessary. Good luck. Paul"

Continued inside, after NEWS

