

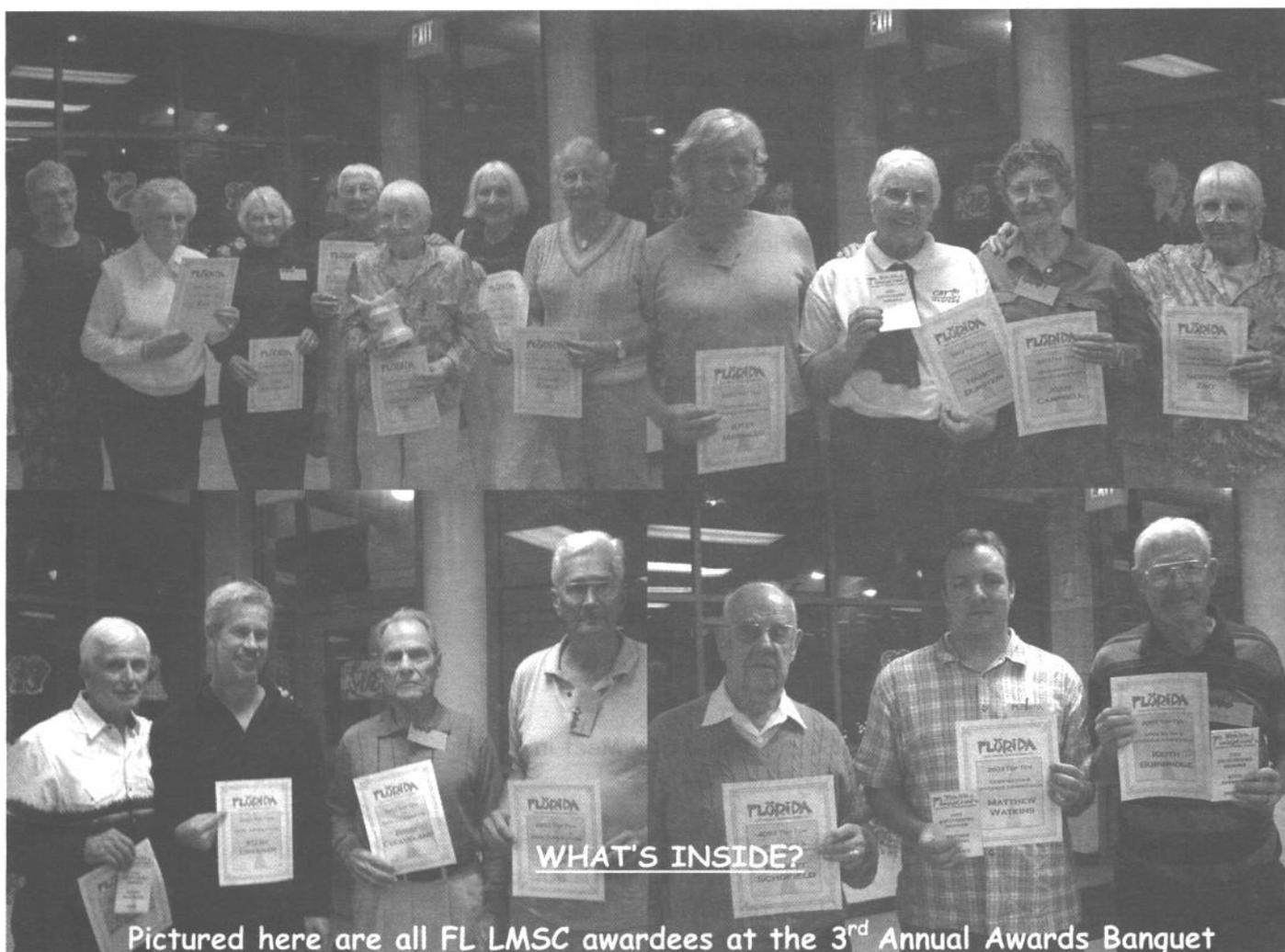
FLORIDA

Local Masters Swimming Committee, Inc.

NEWSLETTER

Vol. XXI, No. 2

May - July 04



Pictured here are all FL LMSC awardees at the 3rd Annual Awards Banquet

Letter from the President * Ask The Swim Doctor * Top 10 and Records
News From Around The LMSC * Calendar of Events * Meet Entry Forms
USMS Training Camp Diary * USMS Events and News
and much, much more...

Calendar of Events

By Christine Swanson

POOL MEETS

22-25 May

Stanton Craigie Memorial SCY Meet in Ft. Pierce, FL. Info & entry printed in this issue. Entry deadline: received by Wed, 12 May.

3-13 June

10th FINA LCM World Masters Championships in Riccione, Italy

6 June

Gold Coast Masters LCM Summer Series I in Ft. Lauderdale, FL.

6 June

Savannah Masters LCM Nationals Tune-up Meet in Savannah, GA. Info & entry printed in this issue. Entry deadline: received by Mon, 31 May.

12 June

Classic City Masters LCM Invitational in Athens, GA. For info contact Raymond Woller at 125 River Oak Way in Athens, GA 30605 or rwoller@uga.edu or deisner@uga.edu Entry deadline: received by Fri, 4 June.

12-13 June

SWIM FL LCM Masters T-shirt Meet in Sarasota, FL. Info & entry printed in this issue. Entry deadline: received by Wed, 2 June (late faxed entries accepted with surcharge.)

19-20 June

Brunswick Golden Isles LCM Invitational in Brunswick, GA.

16-18 July

St. Pete LCM Swimming Championships in St. Pete, FL. Info & Entry printed in this issue. Entry deadline: postmarked by Tue, 6 July.

18 July

Gold Coast Masters LCM Summer Series II in Ft. Lauderdale, FL.

31 July

Team Orlando LCM Invitational in Orlando, FL. Info & entry printed in this issue. Entry deadline: received by Mon, 19 July (late entries accepted with surcharge.)

11-15 August

USMS National LCM Championship in Savannah, GA. Entry printed in this issue. Entry deadline: postmarked by 1 July (no business meters) or received by 8 July.

21 August

Swim Atlanta SCY Meet in Sugarloaf, GA.

15-19 Sept (not a meet)

USMS Convention in Orlando, FL at the Wyndham Palace Resort & Spa. Contact Meegan Wilson at wilson@afn.org for further information.

POSTAL EVENTS

15 May - 30 September

USMS 5K/10K Postal Championships

OPEN WATER SWIMS

5 May

Hurricane Man 2.4 mile & 1000m Swim at St. Pete Beach, FL.

May 22

Pensacola Bay 5K OW Swim in Pensacola, FL. Entry printed in this issue. Entry deadline: received by Sat, 15 May.

May 22

12.5 mile Swim Around Key West & Atlantic-to-Gulf 2-mile Swim in Key West, FL. For info contact Lori Bosco at aqualb@aol.com Entry deadline: received by Fri, 21 May.

4, 6, 8 June

5K, 10K, 25K SWIM FL OW Events at Ft. Myers Beach, FL.

12 June

USMS 3-6 Mile OW National Championship & 1-Mile Swim in Fernanda Beach, FL. Info & Entry printed in this issue. For more info contact Ed Gaw at edginc@worldnet.att.net

For a more complete list of upcoming events or further meet info of the events listed, please go to the Dixie Zone or USMS websites!



Dear Florida LMSC Faithful,

As I sit to pen this newsletter, it is the eve before Easter. What a special time of new beginnings. With winter and the cold behind us, we have the finale of yard meets before us. For some of us it is the preparation for moving into a new age group. It is hard to imagine at my age of 49 that it can be exciting to reach 50 years old. I remember when I turned 40 and how hard that was and now as a master's swimmer, I am excited to add another decade onto my life's journey. A different perspective can make such a difference in whatever situation that we face. As we continue to face the new challenges that this year provides let's work together and consider new ways to look at each.

The USMS Convention is just around the corner and best of all it is in our own back yard. The delegates for the convention this year will be Meegan Wilson, Tom Bliss, Margie Hutinger and Joan Campbell. These individuals will represent our FL LMSC and assist in making/changing policy for the USMS organization. Like these members, you too can

support some of the many tasks that are required by the sponsoring LMSC. We are still looking for several individuals who can assist various volunteer functions. Remember, just because you haven't taken an active part in the facilitation of our organization in the past doesn't mean that your perspective and assistance wouldn't be valuable. One of the prime areas of assistance that we are in need of is for members to serve a couple of hours in the Hospitality Suite. Meegan Wilson is our coordinator and if you are considering ways that you might be able to volunteer please contact her. Her contact information can be found at the end of the entire newsletter.

The FACT (Florida Aquatic Combined Team) team is well over 300 in number and we are excited at the potential success we will achieve at the national competitions. There is a committee that is reviewing different team logo designs and colors. If you would like to be a part of the decision making on this please feel free to contact me and I will point you in the right direction. We are especially excited about the Savanna Long Course National meet and hope that we will have a strong showing and make Florida look good!!!!

You have heard me say that this organization is only as

good as the support that we receive from our members...and you're hearing it again. However, today it is with a twist. You will only get out of this organization what you put into it. There have been many new programs that we have added over the recent years and the results have been excellent. The annual awards banquet and FACT are just two of them. There are many other changes that we would like to make that are only possible with man/woman power. Coming to quarterly LMSC meetings is not just a good communication device, it is an opportunity for you to express your views and to invest more in the over all masters program. Our next meeting will be at the St. Pete meet in July and we invite you to attend (especially if your team representative can't). Through the different perspectives that we each have we can reach new horizons and age gracefully!

Yours in the water,

Tom Bliss
Chairman, FL LMSC

The Florida LMSC needs your help with Sanctioning!

After 2½ years, I will be leaving the LMSC Board and I am looking for my replacement. I would like to transition my replacement this summer prior to the LMSC's October

meeting in Orlando. If you are interested in serving the Florida swimming community this is a great way to get involved. Interested swimmers should contact me at ctswanson@yahoo.com. Please do not call as I will be traveling on business this spring and won't be home much during the week. I would like to be training a replacement by July.

What does the Sanction Chair do?

I handle the sanctioning of Pool Meets, Recognized events (Sr. Games and Y Nationals) and Open Water events in the Florida LMSC, as well as USMS Postal events hosted by teams in our LMSC. This includes providing the host club with meet guidelines (primarily - officials and timing requirements), reviewing the meet information letter for USMS required language and clarity, collecting and recording the sanction fees, and issuing the sanction to the host club. The Sanction Chair also does post-meet follow up to ensure meet results are received by the Top Ten Chair on a timely basis (defined by USMS) and in an acceptable format.

Each quarter I provide the LMSC Newsletter Editor with a calendar of upcoming meets in the LMSC. I try to ensure that our LMSC calendar doesn't have conflicting events. I let our LMSC Webmaster

know when I have sanctioned a new event and either provide them with the meet letter or ask the host club to send them the information. I make sure that the competition pools have the proper pool certification paperwork on file with the LMSC. On occasion I provide basic "how to" advise to a club that has never hosted a meet and wants to know how to get started.

It is not a time consuming role (maybe 5-10 hrs/month), but it is vital to the success of our LMSC program and helps keep meet standards high. I work closely with all the LMSC officers. I hope many of you will consider this opportunity to serve your fellow swimmers and look forward to hearing from those of you who are interested.

It has been my pleasure to serve as an officer of the LMSC.



Sincerely,
Christine Swanson



Convention in Orlando!
USMS Volunteers Needed

The United States Masters Swimming Convention will be held at the Wyndham Palace Resort & Spa in Orlando from September 15-19. The Florida LMSC is responsible for manning the USMS hospitality suite during that time. We need about 10 or more Masters swimmers who would be willing to volunteer about 4 hours of their time. You would be meeting Masters swimmers from all over the United States in a very social atmosphere. If you can help, please contact Meegan Wilson at 352-373-0023 or wilson@afn.org.



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; New Orleans and Canadian Nationals. The final Top Ten has been posted. To order a

booklet, use the order form included in each SWIM Magazine.

Included in this issue are the FL LMSC Postal records (including the One-Hour, 5K/10K and 3000/6000) with the new records highlighted.

Records broken included 10 women's individual and 4 relays; 8 men's individual and 6 relays; plus 6 mixed relays. WOW!!! Congratulations to all record breakers. Sharon Saltzman, SPM (44 & 45) was the top women's record breakers, with 3 and Patrick White, SCMM (25-29) was a close second, with 2. It is encouraging to see that more swimmers and teams are participating in these National postal events.

For those of you who are primarily interested in the fitness aspect of Masters swimming, these five postals also provide an excellent opportunity to evaluate your own swimming prowess. Or, you can participate in the 30-Minute Swim Challenge, Virtual Swim Series or the Check-Off Challenge, similar to our LMSC Leather Lungs Award. For more information, read about them on page 9, "USMS Fitness Committee Events, 2004."

Whether your own personal goals are for competition or fitness, USMS or the FL LMSC has something to offer. I hope you take advantage of what's available and enhance your participation in Masters swimming.

FINA Awards 2006 Masters World Championships to US Masters Swimming by Phillip Whitten

DUBAI, UAE, March 12. FINA -- Swimming's international governing body -- has awarded the XI FINA World Masters Swimming Championships in 2006 to the USA, FINA Vice President Dale Neuburger said today from Dubai, where FINA is conducting a meeting of its Executive Committee.

The award was made to United States Aquatic Sports (USAS) with the event to be hosted by USMS and its local organizing committee, Pacific Masters Swimming (PMS).

The two week-long "celebration of fitness," in the words of USMS President Jim Miller, M.D., will include competition in swimming, open water swimming, diving, water polo and synchronized swimming. The swimming, and most of the other events, will be held at Stanford University in August, 2006.

"The way we're setting up the venue," the president said, "will allow the participants in each discipline to witness and support the athletes in the other disciplines.

"This is an incredible opportunity for US Masters Swimming to showcase our great sport and the amazing people that make it up," Dr. Miller said. "It's also an opportunity for our wonderful committees to work together as a family to achieve a shared goal.

"Another dividend will be the opportunity to work together with our sister disciplines," he added.

Great Britain and Egypt also submitted bids to host the 2006 World Championships.

"Winning this bid," Dr. Miller said, "is a tribute to the leadership of Pacific Masters and their organizing skills.

"We were pretty sure there would be competing bids," he elaborated. "When FINA decided to allow the three countries that were bidding to make presentation, we sent Michael Moore, head of the PMS organizing committee, to Dubai. He put together a Power-Points presentation that just wowed the FINA members.

"Michael has been awesome in his leadership role," Dr. Miller added.

This marks only the second time the United States will have hosted the event, the world's largest competitive aquatic meet. The last time was in 1992, when the meet was held in Indianapolis. The last time the meet was held in North America was in 1994, when Montreal played host.

FLORIDA LMSC POSTAL RECORDS

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

W O M E N				M E N			W O M E N ' S R E L A Y S			M E N ' S R E L A Y S			M I X E D R E L A Y S			
ONE HOUR POSTAL, as of 1/31/04																
19-24	5,050	S Brownstein	SPM-89	4,990	R Woodruff	GSC-01	19+	14,190	Kaleel, M Lambke		13,110	Haraminac, Maestre		18,605	Poppell, Bowen	
25-29	5,025	Lisa Summers	SPM-97	5,600	J Sakovich	CATM-97			S Brownstein	SPM-91		Shinneman	CATM-94		Emery, Krebs	HLJ-94
30-34	4,865	Karen Sadler	BRAT-97	5,420	Wm Specht	SPM-93	25+	13,500	Holderman, Miller		15,730	Specht, Peters		19,080	Kyle, Swanson	
35-39	5,165	C Petersen	SPM-04	5,435	Wm Specht	SPM-95			Bowen	HLJ-93		Woodruff	SPM-93		Specht, Peters	SPM-93
40-44	4,805	Wanda Brown	BRAT-98	5,105	Tim Kennedy	SPM-98	35+	14,190	Peterson, Flanagan		15,200	Kennedy, Atkins		19,730	Rimel, Petersen	
45-49	4,550	Jo Harrelson	SPM-02	5,150	Tim Kennedy	SPM-02			Leadbetter	SPM-04		Specht	SPM-96		Leadbetter, Collins	SPM-04
50-54	4,300	Pam Geiger	SPM-03	5,090	Rick Walker	SWIM-01	45+	13,085	Harrelson, Geiger		14,085	Davis, Freeman		18,685	Kennedy, Davis	
55-59	4,180	E Bromwich	SPM-98	4,450	T Mahaffy	HLJ-91			Stoddard	SPM-03		Kennedy	SPM-04		Harrelson, Geiger	SPM-02
60-64	4,170	E Bromwich	SPM-03	4,125	D DeGroot	SPM-90	55+	11,530	K-Perry, Bromwich		12,785	Mahaffy, T Koenig		16,015	Bromwich, Lambke	
65-69	3,620	Patricia Bond	FMM-04	3,890	Dren Geer	SWIM-01			Lambke	SPM-99		Jones	HLJ-92		Betzer, Euler	SPM-99
70-74	3,375	J Campbell	CATM-04	4,085	Robert Beach	SPM-02	65+	9,815	Homans, Bond		11,565	Beach, Euler		14,035	B Atwood, K-Perry	
75-79	3,050	B Cederlund	SPCO-97	3,620	R Blake	FMM-04			Tullman	FMM-04		Kohnken	SPM-04		Beach, Euler	SPM-02
80-84	2,815	B Cederlund	SPCO-02	2,795	Fred Walbolt	SPM-94	75+	7,400	Reynolds, Kenner		9,400	Luke, Blake		11,395	Blake, Kenner	
85-89	2,240	Kay Schimpf	FMM-03	2,622	D Malbrough	FMM-00			Olsen	FMM-03		P Hutinger	FMM-03		Luke, Olsen	FMM-03
90-94				2,020	Fred Walbolt	SPM-03	85+				6,235	McCullough, Holden		8,080	Schimpf, Tillotson	
95-99												Malbrough	FMM-01		Zint, Cleaveland	FMM-04
3000 YARDS, as of 10/31/03																
19-24	39:32.24	Valerie Valle	SPM-01	48:48.76	Nathan Jaye	DST-00	19+	2:44:19.95	Hamilton, Perry		2:28:43.43	Jaye, Jones		3:26:49.33	Hamilton, Perry	
25-29				50:46.44	Patrick White	SCMM-03			Magness	DST-99		Magness	DST-00		Minkoff, B Magness	DST-99
30-34	36:51.57	Karen Sadler	BRAT-97	37:19.12	Brian Rimel	SPM-01	25+				1:49:11.32	Rimel, Kennedy		3:41:30.14	Zappa, Criche	
35-39	40:10.99	Livia Zien	SPM-01	35:55.46	Brian Rimel	SPM-02						Davis	SPM-01		Thompson, Walkins	FMM-03
40-44	37:39.40	Wanda Brown	BRAT-98	37:32.55	Timothy Dodge	300-01	35+	2:00:59.55	Swanson, Zien		1:59:01.88	Dodge, McLean		2:30:32.65	Rimel, Davis	
45-49	38:55.23	Sharon Salzman	SPM-03	34:41.77	Tim Kennedy	SPM-01			Salzman	SPM-02		Iczkowski	300-01		Salzman, Harrelson	SPM-02
50-54	46:10.63	Meeqan Wilson	300-99	43:52.76	Jerry Rutigliano	CATM-03	45+	2:03:20.89	Harrelson, Geiger		1:53:50.71	Freeman, Davis		2:33:44.91	Salzman, Kennedy	
55-59	47:00.62	Meegan Wilson	300-03	40:11.89	David Darst	BRAT-98			Stoddard	SPM-02		Kennedy	SPM-03		Davis, Harrelson	SPM-03
60-64	49:16.39	Patricia Bond	FMM-01	47:31.20	Konrad Euler	SPM-97	55+	2:42:38.02	Bromwich, Steer		2:54:58.57	Powell, Allen		3:20:49.14	Steer, Bromwich	
65-69	55:59.91	Kate K-Perry	SPM-02	47:07.00	Konrad Euler	SPM-00			Knight-Perry	SPM-02		Euler	SPM-98		Koenig, Beach	SPM-02
70-74	55:29.91	Joan Campbell	CATM-02	43:18.50	Robert Beach	SPM-02	65+	2:54:33.71	Knight-Perry, Mitchell		2:28:27.36	Cox, Koenig		3:32:26.62	Mitchell, Knight-Perry	
75-79	1:06:07.17	Regan Kenner	FMM-99	52:25.03	Paul Hutinger	FMM-00			Atwood	SPM-01		Beach	SPM-02		Beach, Euler	SPM-01
80-84	1:15:21.90	Gertrud Zint	IRCC-99	1:16:25.98	Brud Cleaveland	FMM-00	75+	3:53:38.61	Olsen, Kenner		3:24:04.53	Hutinger, Cleaveland				
85-89	1:20:34.34	Gertrud Zint	FMM-02	1:09:45.33	Dave Malbrough	FMM-99			Zint	FMM-02		Malbrough	FMM-00			
90-94							85+									
95-99																
6000 YARDS, as of 10/31/03																
19-24				1:43:06.52	Patrick White	SCMM-03	19+									
25-29																
30-34	1:22:44.99	K Pollunan	FAST-92	1:14:57.32	Robert Villacres	SPM-02	25+				3:44:00.78	Rimel, Villacres				
35-39	1:23:01.00	Livia Zien	SPM-01	1:13:53.99	Brian Rimel	SPM-02						Davis	SPM-02			
40-44	1:22:50.96	Jo Harrelson	SPM-00				35+	4:10:53.25	Zien, Salzman					5:59:57.52	Geiger, Harrelson	
45-49	1:19:08.28	Sharon Salzman	SPM-03	1:10:49.99	Tim Kennedy	SPM-01			Harrelson	SPM-03				Beach, Euler	SPM-00	
50-54	1:51:55.23	Ruth Thompson	FMM-03	1:27:03.26	Pat Marzulli	SPM-03	45+				3:56:47.20	Kennedy, Davis		5:13:59.19	Kennedy, Davis	
55-59	1:40:10.24	Elaine Bromwich	SPM-02	1:36:59.28	Dick Brewer	SCMM-03						Marzulli	SPM-03		Harrelson, Salzman	SPM-03
60-64	1:53:58.00	Kate K-Perry	SPM-97	1:36:48.00	Konrad Euler	SPM-97	55+	5:48:08.49	Bromwich, Steer		5:17:01.36	Beach, Arnold		7:50:19.62	Steer, Knight-Perry	
65-69	1:57:48.63	Kate K-Perry	SPM-02	1:34:10.27	Robert Beach	SPM-99			Knight-Perry	SPM-02		Koenig	SPM-02		Koenig, Arnold	SPM-02
70-74	2:14:38.10	Nancy Durstein	CATM-03	1:28:59.99	Robert Beach	SPM-01	65+				5:41:15.52	Beach, Allen				
75-79												Euler	SPM-00			
80-84	2:54:22.40	Peggy Hughes	FMM-01				75+									
85-89																
90-94							85+									
95-99																

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 If you have questions, call Margie: 727-521-1172 or e-mail: phut@usms.org

FLORIDA LMSC POSTAL RECORDS

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

W O M E N				M E N			W O M E N ' S R E L A Y S			M E N ' S R E L A Y S			M I X E D R E L A Y S		
5K, as of 9/30/03															
19-24	1:20:30.99	Valerie Valle	SPM-01	1:06:29.35	R Woodruff	GSC-01	19+								
25-29	1:10:47.33	S Predmore	SPM-95	1:16:58.99	R Villacres	SPM-98									
30-34	1:20:58.99	Tish Oleksy	SPM-95	1:10:24.09	Jason Breese	SPM-01	25+			3:32:09.63	Kennedy, Villacres		5:01:26.00	Kennedy, Breese	
35-39	1:09:54.37	C Shonkwiler	UNA-96	1:10:17.01	Brian Rimel	SPM-02					Melson	SPM-01		Zien, Kaleel	SPM-01
40-44	1:13:01.69	Wanda Brown	BRAT-98	1:07:43.06	T Kennedy	SPM-00	35+	4:04:31.00		3:28:08.44	Kennedy, Rimel		5:00:29.44	Zien, Swanson	
45-49	1:15:58.99	Jo Harrelson	SPM-01	1:06:59.09	T Kennedy	SPM-02			Zien, Kaleel, Swanson	SPM-01	Collins	SPM-02		Rimel, Collins	SPM-02
50-54	1:23:30.99	Jayne Lambke	SPM-92	1:24:04.31	Jerry Rutigliano	CATM-02	45+	4:09:15.42	Geiger, Harrelson		3:58:49.03	Kennedy, Davis		4:57:14.00	Kennedy, Davis
55-59	1:26:34.99	Jayne Lambke	SPM-95						Prescott	SPM-01	Day	SPM-01		Harrelson, Geiger	SPM-02
60-64	1:37:37.99	Kate K-Perry	SPM-98	1:30:57.03	Konrad Euler	SPM-00	55+				4:35:50.28	Euler, Kohnken		8:08:24.20	Beach, Barb Atwood
65-69	1:38:17.77	Patricia Bond	FMM-03	1:27:20.90	Robert Beach	SPM-00					Beach	SPM-00		Euler, Boaz	SPM-99
70-74	2:00:43.56	Nancy Durstein	CATM-03	1:23:05.83	Robert Beach	SPM-02	65+	6:33:34.97	Knight-Perry, Hughes		4:42:36.70	Beach, Cox		6:55:23.23	Kohnken, Knight-Perry
75-79				1:55:08.71	J Johnston	SPM-91			Barb Atwood	SPM-00	Euler	SPM-03		Beach, Barb Atwood	SPM-00
80-84	2:43:04.99	Peggy Hughes	SPM-00				75+								
85-89															
90-94							85+								
95-99															
10K as of 9/30/03															
19-24	2:25:23.15	S Brownstein	SPM-88	2:22:47.89	R Woodruff	GSC-01	19+								
25-29	2:34:12.05	Laura Kaleel	SPM-89	2:26:12.89	James Acker	SPM-87									
30-34	2:45:18.00	Pam Geiger	SPM-87	2:32:17.98	Kem Davis	SPM-89	25+								
35-39	2:43:46.00	Pam Geiger	SPM-89	2:30:30.00	Brian Rimel	SPM-03									
40-44	2:41:48.00	Sharon Salzman	SPM-03	2:20:57.00	T Kennedy	SPM-97	35+	11:33:31.59	Thompson, Zappa,		7:23:17.63	Rimel, Davis			
45-49	2:42:47.00	Jo Harrelson	SPM-03	2:23:20.00	T Kennedy	SPM-03			Dirksmeyer-Nichols	FMM-03	Kennedy	SPM-03			
50-54	2:49:31.99	Jayne Lambke	SPM-90	2:31:06.00	Burwell Jones	SMS-85	45+						10:17:22.63	Davis, Kennedy	
55-59				2:45:46.26	Robert Beach	SPM-86								Harrelson, Salzman	SPM-03
60-64				2:58:24.99	Robert Beach	SPM-90	55+								
65-69				3:00:19.72	Konrad Euler	SPM-00									
70-74				2:53:54.09	Robert Beach	SPM-02	65+								
75-79							75+								
80-84															
85-89															
90-94							85+								
95-99															

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News from Around the LMSC

2004 Masters Altitude Training Camp

U.S. Olympic Training Center
Colorado Springs, Colorado



I was lucky to have been chosen to attend the Altitude training camp this year -- at least I think I was. It was one of the hardest things I have done in a long time and an experience that I won't soon forget. This camp isn't for the faint of heart. You should be in great shape before going, rested and ready to work hard. After a long plane ride I was picked up in a van decorated with the Olympic rings and driven to the USOC complex for registration. Wow! For access to the dining area my palm print was required. Mary Sweat from Oregon was assigned to be my roommate. Other swimmers that attended were Kim Crouch from Colorado, Laura Winslow from Arizona, Nadine Day and Andrea Block from Illinois. The men that attended were Bill Volckening of Oregon, Keith Hoffman from Vermont, Paul Trevisan from Pennsylvania, Adam Crum, Matt Kanzler, and Brant Allen all from California. Nancy Rideout did a great job putting together our knowledgeable coaching staff.

It consisted of Mike Collins from NOVA Aquatics, Scott Williams from The Olympic Club in California, and Bob Bruce from Bend Aquatics, Oregon. Steve Thompson was the Physical Therapist. Scott Boyle was the Sport Psychologist, both from California. Randy Nutt from Florida was the open water coach. Also assisting as a special surprise was 1980 and 1984 Olympian Rowdy Gaines. USOC Training Center Staff also helped out. John Walker spoke on biomechanics and race strategies. Deb Whitney lectured on altitude training and Lactate Threshold. Jonty Skinner taught us about Core Stability while Russell Mark, an aerospace engineer, gave us his explanations of the flume. Charlene Boudreau took care of our blood work and nutrition, while Genadijus Sokolovas spoke to us about physiology and land strength testing. Now that everyone has been introduced let the training begin.



Arrival Day: We had dinner and some introductory lectures

on how altitude can affect you. To keep the altitude headache away it is necessary to constantly drink water and fluids. The information about alcohol at altitude seemed to have fallen on deaf ears. After all this information we stumbled off to bed.

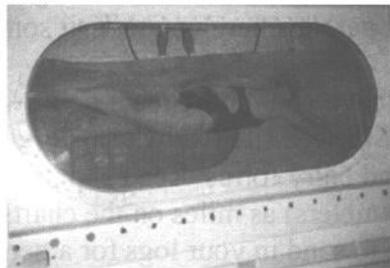
Day 1: We were up at 5:30 for dry land, swimming, stretching and finally breakfast that was very delicious, plentiful and all labeled for its nutritional value. After breakfast off we went to classes and divided into groups for flexibility assessments and stroke seminars. We all joined together for lunch and afterward more classes on psychology and more swimming practice with filming. More classes to go over your films followed dinner then one more lecture before bed and this was just the first day. Oh, I forgot to mention nothing to eat or drink after 8 PM for blood work at 5:30 AM.

Day 2: Breakfast was after blood work then swimming, more filming, stroke work, starts and turns, drills and more swimming. Today involved the most feared Lactate Test. It consisted of five 200's at a personal time set by the coaches, descending each one, on 6- minute intervals. At the

end of each 200, long course at altitude, you had your ear pricked each time you hauled your butt out of the water, all while wearing a heart rate monitor and checking your pulse. The first one was the easiest and by number six, it was impossible. After the Lactate Test was more stretching in the hot tub that had a window from which Pikes Peak is visible on a clear day, "Ahhhh." Did I mention that it snowed and was very cold and that I live in FLORIDA. More lectures came before lunch. After lunch, if your face didn't fall into your plate, there were more classes, more swimming, and finally dinner with stroke reviews of everyone. Then on to bed at 10. Did I mention that I was the oldest by a lot of years? Being the oldest and most out of shape I was really hurting something fierce. I was so tired the thought of climbing the fence to the local watering hole, The Finish Line, was enough to make me laugh or cry. I can't remember I was sooo tired.

Day 3: This day consisted of our filmed sessions in the flume and we had all heard horror stories about it. I was determined to not embarrass myself. The Flume is really an endless pool with 55,000 Gallons of water, 3 stories tall, hot and humid, people with cameras, mirrors and windows and you trying to swim at world record pace. All the while I was hoping my cellulite didn't

jiggle all that much through 3 layers of Plexiglas. It turned out most exciting and humbling however you really don't realize how much fun it is until it's over. Thanks to the camera dudes I have it on video to see it over and over again. Too bad the camera adds at least 10 pounds and it seems at altitude it's triple. After the flume we all met for lunch again followed by lectures, swimming and more lectures. There were a few minutes nestled in between workshops for a break with time to run to the camp store for an Athens tee shirt. After shopping it was back to class. Uh Oh. They changed the schedule and decided to have camp pictures. Did anyone bring a comb? Where is my bed? At the end of this day all I wanted was my bed.



Day 4: Consisted mostly of going over our own personal data with the USOC Staff, 3 pool practices, injury prevention and camp wrap-up. Dinner was at a surprise place (off site) and this time I did manage to make it to The Finish Line and I did the required amount of drinking, sang awful karaoke and stayed up certainly not acting my age. Some of us had a 5 AM shuttle

back to the airport. A few of us actually made it. Those that missed it shall remain nameless along with the pictures as proof as I returned home to warm and sunny Florida.

In retrospect, I had a blast, met some really nice and crazy people, learned a lot about swimming, was taught certain things not to do and was taught things to correct. I would do it again in a heartbeat. I did learn, however, to take warmer clothes, and not work so many days prior to going. All the training, classes, experiments and lectures showed me to be a middle distance swimmer. My Lactate test was textbook; I have very weak legs compared to my arm strength. I learned I am not afraid of competition. Also, the nutritional staff showed me I am not eating enough or the right calories for my given amount of swimming, even though I am way overweight. I am also not drinking enough fluids. It turns out my blood work was great, with my HDL and LDL and cholesterol, Hematocrit perfect. The only thing out of whack was my ferritin level and my iron and total iron binding capacity but I am working to try and fix that.

I hope my story gives you all insight into what Altitude Camp is about.

Much Love, Sue Halfacre
GATOR SWIM CLUB

USMS Fitness Committee Events – 2004

A great way for Masters Swimmers to set goals and have fun.

The USMS Fitness Committee has planned some fun, challenging events for 2004. These events are less competitive in nature, and can be done any time at any pool. You can use an event to set a goal, which will make your time in the pool more interesting, challenging, and fun. Your goals may involve any number of possibilities, such as learning to swim a new stroke, swimming faster, swimming greater distances, or logging your distance over time. Having a goal is an ideal way to enhance your exercise and fitness experience, so consider trying one of the USMS Fitness Events. Entry forms are on the web at usms.org/fitness



30-Minute Swim Challenge The 2004 30-Minute Swim Challenge is here!! Our host this year is Ohio Masters. The objective of this swim is to challenge yourself to swim continuously for 30 minutes. See how far you can swim, and send in your best distance. Do the swim periodically to chart your progress. There will be a commemorative prize or T-shirt available for those who enter. For additional details and an entry form, go to the Fitness section of the USMS web site (Results from 2003 are on the Fitness section of the USMS Website too)

Virtual Geographic Swim Series The Virtual Geographic Swim Series - Starts anytime! This event is a USMS Fitness challenge designed to take the monotony out of your trips back and forth across the pool. Now you can "Swim America's Waterways" and join others throughout the country and world in applying any pool lengths you actually do to virtually swimming some of the most important bodies of water in the US. Many YMCA swimmers entered this event last year. Each swim was designed by a Masters swimmer who lives close to the featured waterway. Some of our virtual swims are actually open water courses, and others are waters most would not dare to swim in reality. The swims range from 12 to 200 miles. These Virtual swims are also designed to educate you about the different places, and perhaps, lure you to visit someday.



Start by picking a swim from the lists. Or, have your entire team do a swim together. See the Fitness section of the USMS web site (www.usms.org/fitness) for a complete list of swims, plus details and entry forms. Read and print the swim document, and record your yards (or meters) as miles on the charts provided on the web. Record one log per swim. At the end of 2004, you will be able to send in your logs for a personalized certificate, and recognition on the web. T-shirts will also be available. Start today! This event lasts all year, but the sooner you start, the more waterways you will travel. Swim any swim that interests you, whether it was submitted in 2003 or 2004. This event is hosted in 2004 by the Florida Maverick Masters. Margie Hutinger—727-521-1172

The Virtual Geographic Swim Series is intended to be an annual USMS Fitness series. We currently feature 14 swims, and hope to eventually have at least one from every state in the United States. If you are interested in designing a swim for your area, please let us know. We generally recommend keeping swims within a 50-mile distance, and these Virtual Swims can easily be enhanced with information and photos from the Internet. Submit your ideas by e-mail to Fitness@usms.org, and we will review them. So, get in the water and go -- your destination is closer than you think!

Check-Off Challenge— coming again next fall. Order a t-shirt, then swim all the pool events and check them off on your shirt. Entries for the 2005 event start in Fall of 2004

The list of **Local Team Fitness Events** continues to grow. They are listed on the USMS Calendar of Events.



Results of the 1-Hr Swim were very well received! We had three relays in the Top Ten. In Large Team Competition, FACT placed 8th with a total of 147,175 yds swum by 46 swimmers. **Last but not least, we made our first champ: Joan Campbell placed 1st!** VERY WELL DONE to every one of you ☺

(In case you were looking for results of the 1-Hr postal and didn't see our team listed it is because it was mistakenly listed as IM [Illinois Masters]. I don't know how that happened but it is in the process of being corrected.)

We hope to swim two relays in the Nationals at Indianapolis, thus we are working on improving our communication skills for this new team (so that more of us will have the opportunity to swim relays in national and local competitions). In order to do this we need your cooperation:

Sending your desire to swim on a relay in a meet you are entered in along with your 50 times for each stroke, or your

100 times if applicable, will enable us to set up tentative relays. Then someone of the FACT team who is at the meet will finalize the line-ups of the teams. Please send your requests to me, Don Puchalski (FACT relay coordinator for national events) at donpuchalski@earthlink.net, and we can try putting the best relays together.

We will have relay sign-up sheets for August's Long Course Nationals in Savannah at both the Sarasota and St. Pete meets this summer, and they will also be on the FACT web page.

We are getting this team together with over 400 swimmers registered now and a projection of over 600 in the next year or two!

by Donald Puchalski and Dick Brewer

Please send me your suggestions on color schemes and patterns of suits for the FACT team. Thus far a solid color suit is preferred and we have 100% support on the logo of choice (see logo at beginning of our news).

by Victor Buehler
pigasuss@prodigy.net



CAT Masters had a great turnout for the Hour Swim. Many personal bests were recorded, 5 team records were broken and every one that participated swam their best. We had 28 participants that is roughly a 64% increase in the number of swimmers from last year that were up to accepting the challenge!

The following team members participated: Marilyn Belson, John Best, Marianne Bradley 2750 yards PR, Joan Campbell 3375 yds 70-74 Team Record, Pat Cohen 2900 yds PR, Ivette Compton 3120 yds PR, Denise Corbin 2345 yds PR, Celia Dubey 3070 yds PR, Nancy Durstein 2945 yds; David Gifford 4030 yds; Liz Graham 2470 yds; Eric Keaton 2745 yds PR; Donna Ketcham 3245 yds ; Roberta Klar 3355 yds PR; Dan Mullett 4370 yds 45-49 TeamRecord; Christina Noordstar 3305 yds 25-29 Team Record; Rosalyn Randall 2890 yds; Debi Schneider 3735 yds; Elliott Schofield 1920 yds; Janet Shellenberger 2810 ydsPR; Allison Snow 2760 yds PR; Carole Torreano 2970 yds 55-59 Team Record ; Jairo

3rd Annual Awards Dinner Banquet

held during the Valentine's Meet
in Clearwater, Florida

Many more swimmers and their friends enjoyed the food and acknowledgements at the 3rd Annual Awards Dinner Banquet this past February.

CONGRATULATIONS to all of our hard-working swimmers for their accomplishments last year. Now, on to our stars:

Long Distance & Open Water - Women



Most Valuable: Sharon Salzman

Outstanding Swimmers: Patricia Bond, Nancy Durstein, Jo Ann Harrelson and Ruth Thompson

Florida Top 10 Swimmers: Joan Campbell, Pam Geiger, Kitty Magness, Livia Zien and Gertrud Zint

Long Distance & Open Water - Men

Most Valuable: Robert Beach
Outstanding Swimmers: Keith Burbridge, Kern Davis, Tim Kennedy and Matthew Watkins
Florida Top 10 Swimmers: Ned Allen, Konrad Euler, Brian Rimel, Elliot Schofield and

Patrick White.



Pool - Women



Most Valuable: Gertrud Zint
Outstanding Swimmers:

Florence Carr, Bunny Cederlund, Kay Schimpf and Jean Troy

Florida Top 10 Swimmers: Sylvia Eisele, Susan Halfacre, Charlotte Petersen, June Reynolds and Patricia Tullman

Pool - Men



Most Valuable: Burwell Jones
Outstanding Swimmers:

Robert MacDonald, John McCall, William Specht and Fred Walbolt

Florida Top 10 Swimmers: Richard Avery, Mark Drennen, Brud Cleaveland, Rogers Holmes and Jeffrey Perout

Overcoming Adversity Award



Winner: Al Chipman
Nominees: Pete Arnold, Al Chipman, Kay Schimpf and Helen Vetter

Frank H. Tillotson Award



Winner: Sue Moucha
Nominees: Tom Bliss, Joan Campbell, Sue Moucha and Christine Swanson

We hope to see many more of you at next year's function!

Viafara 2110 yds PR; Tom Warner 3860 yds PR; Christina Watson 3085 yds PR, James Whitsell 3745 yds PR; Beth Wonicker-Cook 2850 yds PR; Elizabeth Wood 3320 yds 50-54 Team Record.

Our Valentine's Meet was a great success thanks to great Team Support! Our team was in 3rd place overall with women taking 2nd and men 3rd.

CAT Masters High Point
Winners: 3rd Allison Snow (25-29), 3rd Tom Russell (30-34), 3rd Lyn Sears (45-49), Karen Gardner and Carole Torreano tied for 2nd place (55-59); 3rd Don Puchalski (60-64), 1st Joan Campbell (70-74), 2nd Nancy Durstein (70-71), 3rd Elliott Schofield (80-84).

Team Members who participated:

WOMEN: 25-29 Alison Snow; 30-34 Chris Watson; 35-39 Beth Cook-Wonicker; 40-44 Ivette Compton; 45-49 Jean Tsagaris ; Chris Kelly ; Lyn Sears; Debi Schneider; Buffy Price. 50-54 Elizabeth Wood; Janet Shellenberger; Liz Graham; Denise Corbin, Roz Randall, Donna Ketchum; 55-59 Karen Gardner; Pat Cohen; 70-74 Marilyn Belson, Nancy Durstein , Joan Campbell.

MEN: 30-34 Tom Russell; 35-39 David Cubito; 40-44 James Whitsett; 45-49 Bill Conmlon; Steven Hunt. 55-59 John Best. 60-64 David Gifford; Donald Puchalski. 70-74 Charles Kohnken; 80-84 Robert Levanture; Elliott Schofield

The LMSC Awards for 2003
Outstanding Swimmers Long Distance/Open Water: Nancy Durstein,
Top 10 Swimmers: Joan Campbell

Long Distance & Open Water - Men

Florida Top 10 Swimmers:
Elliot Schofield,

Joan Campbell received 3rd place for the Frank Tillotson award for 1)service to the Club, 2) serving as the LMSC Senior Games Liason and 3)for her role as Finance/Insurance Committee Member for the National USMS

Joan Campbell received her 1st All American in the 1500 Free That is 1st place Nationally!

2004 All American Triathletes

Christina Noordstar is ranked 9th in the country in the 25-29 age group! Christina won the overall women's title at Clermont's Great Florida Half Ironman Triathlon in October 2003

Short Course Meter and Long Course Meter 2003 World Rankings :

SCM - Joan Campbell: 1500 FR 3rd; 800 FR 7th 200 FL -7th; 400 IM 7th
Nancy Durstein: 200 FL- 8th; 400 IM- 5th

LCM - Joan Campbell 1500 6th; 400 IM 5th; 200 FL 9th
Nancy Durstein 1500 10th; 400 IM 4th; 200FL 8th.

Good Luck!

Nancy, Elliott, Don Puchalski and Joan Campbell are competing in the Y Nationals in Fort Lauderdale April 17-18 2004.

Joan Campbell is competing in the USMS Short Course Yards Nationals in Indianapolis the following week, April 22nd.



We attended the Clearwater Valentine's Meet and awards dinner.



Kitty Magness and Gertie Perry (pictured) had swum all 5 USMS Postals in 2003. As a result, Kitty was announced as one of the Top 10 Female Long

Distance Swimmers for 2003 during the Awards Dinner!

We also attended the St. Pete Meet in March and had a great time. Gertie Perry managed to finish all requirements for the SCY Leather Lung Award despite an unforeseen and awkward DQ on her 200 Free.



CLEARWATER MEET



Mavericks Rock and Roll over all challengers at the Clearwater meet! Twenty-eight enthusiastic, fun-loving Mavericks overwhelmed the competition at the annual Valentine Meet in February. WE WON by over 400 points!!!

Never before has a Masters team fielded an 85+ mixed relay. Our 85+ role

models Brud Cleaveland (86), Frank Tillotson (89), Kay Schimpf (86) and Gertrud Zint (86) established new USMS standards for future generations in two mixed relays. Their time for the 200 Mixed Free Relay was 4:22.87 and for the 200 Mixed Medley Relay, 4:54.53.

High point winners included Florence Carr, Brud Cleaveland, Patricia Tullman, Matthew Watkins, Robert Williams and Gertrud Zint. Second place was earned by Jean Allen, James Christie, Carole Dirksmeyer-Nichols, Charles Edwards, Gladys Olsen, Doris Prokopi, June Reynolds, Kay Schimpf, Charles Schlegel and Frank Tillotson. Third place went to Patricia Bond, Margaret Homans and Margie Hutinger. Other valuable point winners contributing to the team effort included Eric Christie (first Masters meet), Harrison Homans, P Hutinger, Robert MacDonald, Madeleine Perrott (first Masters meet), James Pitts Marianne Vann, Rosie Vijil and Flavia Zappa.

FLORIDA AWARDS DINNER

Fourteen Mavericks supported the 3rd annual Florida LMSC Awards Dinner, Saturday after the meet. Gertrud Zint received the Most Valuable Swimmer Award, a porcelain sculpture for her outstanding achievements in pool events. Outstanding pool swimmers included Carr, MacDonald, Schimpf and Troy. Other

nominees included were Cleaveland, Reynolds and Tullman. Our Outstanding distance swimmers included Bond, Thompson and Watkins, with Zint included as a nominee. Kay Schimpf was a nominee for the Overcoming Adversity Award.



The Mavericks presented the FRANK H. TILLOTSON AWARD, an annual service award, in honor of Frank's numerous outstanding contributions to Masters swimming, at the local, state and national level. This year's recipient was Sue Moucha of Blue Wave Masters from Brandon. (pictured above)

ST. PETE MEET

Seventeen Mavericks competed this sunny weekend and earned 2nd place among the 22 visiting teams. High point winners included Reynolds, Tillotson, Troy, Watkins and Zint. Second places went to Dirksmeyer-Nichols and Tullman, while third places were earned by Edward, Pitts and Williams. Other point getters included Allen, Richard Criche, Gaylord Hopkins, P & M Hutinger, Thompson and Zappa. Lastly,

Flavia Zappa completed all requirements for the SCY Leather Lung Award.

ALBATROSS OPEN

On March 20th, the Hutingers swam at a SCM meet in North Bethesda, MD. Paul broke two National records, with a 42.16 in the 50 back, and 1:33.27 in the 100 back. "I swam fast enough to break the records, but slow enough that I hope to break them again."
© This meet has a unique trait. Any one who breaks a National or World Record receives a plaque to acknowledge their achievements.

The meet was held at the Montgomery Aquatic Center in the deep end of a 50 m pool. During the meet, there was lap and open swimming in the shallow end. A long slide hugged one wall and kids climbed the 10m ladder and slid down to a separate pool. At the far end, youngsters enjoyed playing in the kid friendly pool, while mom and dad soaked in the hot tub or watched from the dining area in the balcony. An awesome, well-used facility!

Congratulations are in order for our Relay All Americans: Kim Wise, Jean Bancks, Jeanne Siragusa and Sara Bailey (Women's 160 -199 400 SCM Medley Relay).

Congratulations are also in order for the following Holmes Swimmers who made the SCM Top Ten List in one or more events: Sara Bailey, Sarah Balke, Jeanne Bancks, Jeanne Siragusa, Kim Wise, Mike Siragusa, Hal Murray and Tiger Holmes.

Holmes Swimmers made a good showing at the Clearwater Valentine's Day meet with Keith Roberts and Hal Murray setting new PRs in all of their events. Robin O'Leary swam in her first of hopefully many more meets. Bill Pillmore and Amy Keener came home with High Point awards.

At the Orlando "Spring Fling " Triathlon Amy Keener came in first in her age group and was Women's Overall Second Place finisher.

Dana Lester came back after a two-week stint at the Navy's Ocean Rescue Swimmer Course. He said Master Swimming got him into better shape than he was when he first took the course 15 years ago.

Joyce Daugherty spent two weeks looking for a pool in Veracruz, Mexico where she went as a volunteer for

Habitat for Humanity International. She and her husband were part of a team building a "Casa Muestra " or sample house. This was done in advance of a Jimmy Carter Work Project scheduled for this fall that will build 75 homes in Veracruz and 75 homes in Puebla, Mexico. Joyce has also built homes in South Africa and Ireland.

Eric Holler has been selected for a Navy Officer Commissioning Program and will be leaving this summer to attend San Diego State University.

Pete Nickodem's son Alex returned from a one-year deployment in Iraq with the 101st Airborne Division. Pete can now swim for enjoyment instead of stress relief.

**LAKE COUNTY
AQUATIC MASTERS**
*Leesburg
Rene James
coachrene@atlantic.net*

Lake Aquatics had four swimmers who represented us well at the St. Pete meet last month. The highlight swim for the team was achieved by Carol Ann Hudson, 45-49 age group. Carol Ann broke the LMSC record in the 200 fly by nearly six seconds, and this was only the third time she has competed in this event. She


HOMES LUMBER JAX
*Pete Nickodem
pnickodem@aol.com*

has just recently begun training for this event. She also won high point award for her age group.

Carol Ann was not the only one posting best times at the meet. Tanya Felton (25-29) received a high point award as well as swimming best times in several of her events.

We want to welcome back to the competitive scene Linda Felton. She has taken almost a two-year layoff, but you would not know it by her performances at the meet. She swam two events, placing first and second.

Our men's side of the team was represented by David Marshall who placed in the top eight in several events and also posted good times.

Good luck to Carol Ann Hudson, David Marshall and Rene James at the USMS Nationals in Indy!!!



Merry Minnows
 San Carlos Park
 Dick Brewer
 rdbrewer@att.net
 www.minnows.info

It's been a quiet Minnow winter/spring with a minimum

of activity, which is not necessarily a bad thing. We're all dodging illness and work schedules, trying to stay in shape. Over a third of our group is getting ready for a Naples triathlon the first weekend in June while the other half to two-thirds is still just swimming for fun and fitness.

Special congratulations go to **Sylvia Eisele**, who joins us for some Sunday morning practices. Sylvia flew to her home near Ontario, Canada, to swim for her club, Etobicoke, in the Ontario Provincial Championships March 26-28, and captured eight gold medals. She set new Canadian national records in all six of her individual events and broke the World Record in the 200m breast by 4.63 seconds. Sylvia also swam on two relays which won gold medals, with her 280+ 400m mixed medley relay setting another Canadian national record.

Closer to home, **Dick Brewer** took over 11 seconds off his personal best in the 1650 free at the February Fort Lauderdale SCY meet, with a 1000 split that was 17 seconds faster than his 1000 pb.

In a vicarious swimming victory for Minnows, **Kyle Snew**, Sharon's 12-year old nephew who swims with the Gulf Coast Swim Team at our pool, broke one state record in his age group and won gold in the 200

IM at the Orlando JO's in March. Between driving Kyle to meets and practices and starting a new business, Sharon's pool time has been greatly reduced, but the rewards are every bit as tangible.



Cocoa-Cocoa Beach
Angie Sinacore
 asinacore@aol.com

IN MEMORY OF...
DIK FLETCHER

We have lost a dear friend and one of Space Coast Masters founding fathers. Fletch was present at the 1st organizational meeting of the SPCO on August 9, 1986. With the help of his wife Maryl, he was Space Coast's 1st registrar. Dik was a L.D. swimmer and participated in the One-Hour Swim for many years. In 1991, at age 75, he swam 2480 yards and continued swimming the event well into his 80's. Fletch was an engineer and general contractor and during his college years was Captain of the University of Cincinnati swim team (1938-1939). He was a dear, gentle man loved by his fellow teammates and

revered by his family. Rest well, dear friend. We'll miss you.

Three Space Coast Masters made the Top Ten short course meters in 2003. They are Bunny Cederlund who made Top Ten in 8 events; Tom Bliss who made Top Ten in 5 events and Bob Sigersmith who made Top Ten in two events.

It's now official! SPCO now has five new lifeguards. The senior members took the challenge and trained under the guidance of Red Cross instructor Annette Pallowick. We wrestled with the brick in deep water, and struggled getting "bodies" on the board. We kept our cool when playing victim on the bottom of the pool and were happy when someone came down after us. We all did well with CPR and First Aid and we are all proudly showing off our cards. Congratulations Dick Robecki, Bob Sigersmith, Martha Henderson, Bunny Cederlund and Angie Sinacore.

The national results of the 1-Hour Swim (also known as the HAPPY HOUR) are in, and Space Coast's 13 swimmers made their mark. Bunny Cederlund came in 2nd; Bob Sigersmith 6th; Al Chipman and Angie Sinacore 10th. Please note that all these people were 74+ years. Our team's really good swimmers, like Tom Bliss (49) came in 25th and Pete Turner (44)

67th. As we looked over the final numbers we decided the moral of this story is: Live a long life, there's less competition!

A success story!! The letter starts off with, "THANK YOU for getting me back into swimming". This letter came from a friend that swam in High School, is now in his 40's, has three children and was not swimming any more. I said to him one afternoon, "Have you heard about Masters Swimming???" The letter continues, "I have competed in 3 swim meets to date and only after training for about 6 months my times are about where I was as a junior in H.S. I have lost 25 lbs; my heart rate is down to 64 resting and 54 upon awakening. Blood pressure is down and I have more energy. I guess I'm just a poster child for the benefits of swimming."



We've been very active over the past few months both in the water and out. In January, we held our annual Awards Banquet at Harbourside. It was a delightful evening with a number of All-Americans and Top Tens awarded to team members. Congratulations to Patty Nardozi, this year's recipient of the Gordon Leadbetter award for outstanding service to our team.

The 2004 Hour Postal swim proved to be a success as well. SPM finished 3rd in the Medium Team Division, posting a 125,785 yard swim. Leading the way was Judge Bob Beach finishing 1st in the Men's 70-74 age group with 4070 yards, Charlotte Petersen with 5165 yards finishing 3rd in the Women's 35-39 age group, and Ron Collins with 5000 yards and 10th in the Men's 40-44 age group.

In February, a group of us participated in the CAT Masters Valentine's Day Meet and finished second place overall with 1712 points and several high point winners: Charlotte Petersen, Jo Ann Harrelson, Sandy Steer, Roderick O'Conner, Brian Vaile, Konrad Euler, and Dick Avery.

Our 34th Annual Championship Spring Meet was held earlier than usual this year, but we still had great participation. We were fortunate that Mother Nature bestowed warm

weather upon us that weekend amidst the cooler weekends before and after the meet.

Bob Atwood, our meet director this year, did an outstanding job in his debut.



This year's annual Jayne Lambke Award was awarded to Elaine Bromwich (SPM) who swam the 50 free in :34.64.

Coach Patty Nardozzi pulled together some great relays -- a very challenging job indeed! SPM finished in first place overall. The first place visiting team went to SWIM Florida and 2nd place to the Florida Mavericks. Congratulations to everyone for an outstanding weekend!

We have a very busy agenda ahead for the next few months.

- The open water season is upon us: The 24-mile Tampa Bay Marathon Swim will be followed by the Hurricane-Man. We hope you can join us for one or both of these events.

- We will also be having our 2nd intra-squad swim meet with a pancake breakfast.

- A small but enthusiastic group of SPM'ers will be going to Riccione, Italy

for the FINA World Masters Championships in June. Good luck to Konrad Euler, Laura Kaleel, Valery Neidermeyer, Charlotte Petersen, Suzette Seril, and Livia Zien.

Finally, please mark your July 16-18 on your calendars for the SPM Long Course Championships! Hope to see you all there!

VILLAGES AQUATIC SWIM TEAM
Leesburg
Susan Schuerman
 SUSANandLARRYS@aol.com

VAST Competes

Six members of The Villages Aquatic Swim Team competed in the 2004 Masters Valentine's Day Meet in Clearwater, Florida. They faced strong competition as their preparation continued for the Final 2004 State of Florida Senior Games to be held at The Villages in December. They were among the 107 men and 102 women who represented 30 teams from Florida, North Carolina, Connecticut and Washington. There were a total of 1262 competitive entries. The six swim team members brought home a total of 13 ribbons (4 first place, 1 second place and 8 third place).



L to R (back row): Barry Burtnett, Elsa Kaye, Marguerite Muller, Pat Lancaster, Dianne Davies, Sheila Keene Lund, Bob Collins, Pat McIntosh, Sandy Collins, Jan Mellberg, Robert Mraovich. L to R (front row): Susan Schuerman, Marilyn Amendola, Ellen Brown, Barbara Galpin, Irma Klimach, Kathy O'Leary, JoAnn Fowler

76 Medals for the Villages Aquatic Swim Team

The Villages Aquatic Swim Team broke 7 pool records as they swept up 76 medals at the Polk Senior Games on March 5 & 6. Twenty-two swimmers took 36 gold, 24 silver, and 16 bronze medals, while competing in the 2-day event in Lakeland. The 22 swimmers had a total of 97 entries at the YMCA pool. This was the first of several out-of-town Senior Games that VAST is competing in, as they prepare for the 2004 Florida Senior Game State finals to be held in The Villages in December 2004.



L to R (back row): Jan Mellberg, Pat McIntosh, Betty Senter, Sandy Collins,



YOU ARE INVITED!

What: This year's USMS Convention is being held right in our own back yard: Orlando, Florida.

You should all know that you are more than welcome to attend the convention, hear the discussions, meet other swimmers from around the States and much more.

When: September 15-19

Where: The Wyndham Palace Resort & Spa in Orlando, FL.

Registration: \$125 per person

Contact Meegan Wilson at wilson@afn.org for further information.

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.

Nancy Fomich, Bernadette Youngblood, Robert Mraovich, Barry Burtnett, Bob Collins, Marilyn Amendola, Emille Stella, Pat Lancaster. **L to R (front row):** Susan Schuerman, Sheila Keene Lund, Ellen Brown, Kathy O'Leary, Irma Klimach, Marguerite Muller.

ASK THE SWIM DOCTOR
Continued...

This will enhance the heels to buttocks skill. Do dolphin kicks underwater for 25 yds and/or several kicks under for each push off.

FINS. Kicking with fins is good practice and will improve your flexibility and leg strength. Keep your kicks narrow and use them for power and speed. Kick sets of 10 x 50's and 10 x 100's with back, free and fly. I prefer to think of fins as a kick enhancer, and not as cheaters.

WHICH FINS? I recommend the Hydro Training Finz, approximately \$35. They are short fins with a wide blade. If you already have a pair of swim fins (not force fins), use them.

PERSONAL LOG. Keep a log on all of your kicking. This is how you can tell if your kicks are becoming more effective and you are kicking butt.

KICK CHALLENGE. One idea to make kicking more challenging, as well as fun, is for your team to have records for kicking. Use 100 and 200 yds for each age group and all four kicks, as well as the IM.

Either include these kicks in your group workout, or time yourself to keep it more informal. Post these times on your bulletin board or include in your team newsletter to encourage improvement in kicking. How about a most improved kicker award?

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 in which we would like you all to participate.

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



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Our Favorite Workouts by the FL LMSC Goatee Gang

Here you can see several of our members sporting goatees and so it came to be that we asked them for their favorite workouts to be issued.

Victor Buehler FACT/300 Club

My favorite workout is a split 3000 because it is so flexible. You can do so many different things with it. The normal breakdown is like this:
1x 200; 2x 175; 3x 150; 4x 125; 5x 100; 6x 75; 7x 50 and 8x 25. Doing straight freestyle (after warming up), it becomes a speed workout with just 10 sec between each length. See how much less, or under 60 minutes you can complete it, which helps for conditioning for the 1-Hr Swim in January. But doing stroke work and adding variety, there is simply no limit to what a person can do with this workout and get a little of everything in. 200 of any stroke (I like backstroke with fins), the 175s underwater turns or stroke drill, the 150s three different kicks, one for



sure dolphin on the back, the 125s either breaststroke or back (sometimes just pulling with paddles), the 100s I always have to do full till free or a set of five of one of the other strokes, I never break this one up with different strokes, then the 75s are good for building up the fly or one of the other two strokes (without any equipment), which I usually follow up with the remaining two strokes when going that route for the 50s and 25s.

* * * * *

Tom Bliss FACT/Space Coast Masters

warm up : 600 yds (200 free, 200 back, 100 breast drill, 100 IM drill)

main set: a) 2200 yards (11 each 50's of four strokes like this:)

#1-4 each 50 - 25 underwater kick no breath, turn and 25 descend (each through 4th) sprint of stroke for return (interval is 1:15)

#5-6 each 50 kick of stroke (interval is 1:00)

#7-8 each 50 drill of stroke (interval is 1:00)

#9-10 each 50

sprint of stroke with last the fastest (interval is 1:00)

#11 easy 50, 30 sec rest and change stroke in IM order.

b) 500 yards (10x50: 5 back on 50 sec, rest and 5 free on 45 sec)

warm down: 200 yards (100 easy free and 100 easy back)

* * * * *

Eric Christie Florida Mavericks

500 swim, 500 pull, 250-300 kick, 10x100 any stroke with 15 sec rest, 5x200 any stroke with 30 sec rest, 250-300 warm down.

Stanton C. Craigie Memorial Swim Meet

- Sponsor:** IRCC Master's Swim Team, IRCC Foundation and Indian River Community College
- Date/Time:** May 22 and 23, 2004. Warm-up begins at 8:00 AM on Saturday and Sunday. The first event each day begins at 9:00 AM. On Saturday, the second event will begin no later than 11:00 AM.
- Facility:** The IRCC Anne Wilder Aquatic Complex will be used for this meet. The pool is a certified 50-meter by 25-yard pool. Event management reserves the right to use an 8-lane or 6-lane competition course depending on the size of the meet. All warm-up and warm-down during the meet will take place in the remaining non-competition lanes. A Colorado Timing System will be used for record certification.
- Entries/Fees:** Swimmers must pre-enter by mail. Entries must be received no later than **May 12, 2004**. Competitors may enter a maximum of five (5) individual events per day. Each entry must be submitted on the "consolidated entry form" with your name, club, age, entry time and a copy of your USMS registration card. Please be sure all necessary information is filled out. The entry fees are \$2.50 per individual swim, \$4.00 per relay team and a \$10.00 surcharge per swimmer entering the meet. Please make all checks payable to the IRCC Foundation.

All entries should be mailed to: **Scott Kimmelman**
3209 Virginia Avenue
Ft. Pierce, FL 34981

- Awards:** Top 6 swimmers in each event and age group will receive awards. Winners in each will receive a specially struck medal created for this meet.
- Relays:** All relay entries are due to the timing tower 30 minutes prior to the event's start.

Events:	Saturday, May 22	Sunday, May 23
	1 - 2 1000 Free	27 - 28 400 Medley Relay (#29 mixed)
	3 - 4 200 Medley Relay (#5 mixed)	31 - 32 200 IM
	7 - 8 50 Fly	33 - 34 50 Back
	9 - 10 200 Free	35 - 36 100 Breast
	11 - 12 200 Breast	37 - 38 100 Free
	13 - 14 50 Free	39 - 40 200 Fly
	15 - 16 100 Fly	41 - 42 100 Back
	17 - 18 200 Back	43 - 44 100 IM
	19 - 20 50 Breast	45 - 46 200 Free Relay (#47 mixed)
	21 - 22 400 Free Relay (#23 mixed)	49 - 50 500 Free
	25 - 26 400 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
 # individual events () x \$2.50..... = \$ _____
 Results mailed () x \$5.00.....= \$ _____

TOTAL ENCLOSED.....= \$ _____

All entries must be received by Wednesday, May 12

Make checks payable to **IRCC Foundation** and mail the check and the entry form with this tab attached to
 Scott Kimmelman
 3209 Virginia Avenue
 Fort Pierce FL 34981

ATTACH A COPY OF YOUR CURRENT USMS CARD HERE.

BE SURE TO SIGN AND DATE THE ENTRY FORM.

2004 Pensacola Bay 5K Open Water Swim

Pensacola to Gulf Breeze

Saturday, May 22, 2004



Hosted By:

Sponsored By:

Date: Saturday, May 22, 2004

Sanctioned By: Sanctioned by Southeastern Swimming, Inc. for USA Swimming, Inc. Sanction number: # 04SECLUB5-22

Sanctioned by Southeastern Masters Swimming for USMS, Inc. Sanction number: # 154-002

Race Time: Check-in 7:00 – 8:00 AM
Pre-Race Meeting 8:00 AM
Race Start 8:30 AM

Course Location: Check-in and Pre-Race Meeting will be held in the parking lot of the Gulf Power Building on the Pensacola side of the bay. The race will begin at the Gulf Power building in Pensacola and will cross Pensacola Bay to the Gulf Breeze side. The course measures 3.6 miles going parallel to the Pensacola Bay Bridge. The course will be marked with 4ft by 4ft orange buoys. Motorized vessels and sailboats will be anchored along the course. Kayaks and canoes will be traveling with participants along the course route. The U.S. Coast Guard, Coast Guard Auxiliary, Florida Marine Patrol, Gulf Breeze Search and Rescue, EMS, and additional personnel will be providing support.

Eligibility: Athletes registered with USMS and USA Swimming for the year 2004 are eligible for this event. USMS and USA Swimming athletes will be considered to be swimming separate events. Athletes holding both USMS and USA Swimming registrations must declare their race affiliation, in writing, prior to the start of the meet. **Minimum age for participation in the USA Swimming race is 13. Minimum age for the USMS race is 19.** Swimmers must be registered with either USA Swimming or USMS prior to race day.

Rules: 2004 USA Swimming and USMS Rules and Regulations will govern this event. All swimmers must sign liability waiver. Swimmers must finish the course within 3 hours of the start. **Swimmers in the water after 3 hours will be picked up.** Personal escorts without motors are both allowed and encouraged with permission of the Race Director. Flotation devices are not permissible (including wet suits). Violators will be disqualified.

Race

Cancellation: The race committee will decide what conditions warrant race cancellation. No make-up day will be assigned. **No refunds will be given.**

Entry Deadline: Entries must be received by **Saturday, May 15, 2004.** **No late entries will be accepted.** **To be considered valid, all USS entries must include a USS number, entry fees, and a signed waiver of liability. All USMS entries must include a USMS number, a copy of your USMS card, entry fee, and a signed waiver of liability.**

2004 Pensacola Bay 5K Open Water Swim ♦ Saturday, May 22nd

Official Entry Form

EACH PARTICIPANT MUST COMPLETE THIS FORM - PLEASE PRINT CLEARLY - COPY AS NEEDED

Full Name _____ Birth date _____
Address _____ City _____ State _____ Zip _____
Phone _____ Email _____ Female Male
Where are you staying for this race? _____

Registration Status (All Participants Must Be A Registered Athlete - Check One):

- Currently registered (2004) with USA Swimming. USA # _____
 Currently registered (2004) with United States Masters Swimming USMS # _____

YOU MUST INCLUDE A COPY OF YOUR 2004 USMS REGISTRATION CARD WITH THIS ENTRY!!

T-Shirt Size: M (Adult) L (Adult) XL (Adult) XXL (Adult) Additional T-Shirts may be ordered for \$15.

Fees: Individual Entry Fee \$40.00 Please Make Checks Payable to **THE CLUB**
Extra T-Shirts (_____ x \$15) _____ Mail Entry to: Pensacola Bay Swim c/o The Club
Total Due: \$_____ 1230 Crane Cove Blvd.
Gulf Breeze, Florida 32563

All USMS Participants Must Sign this Release:

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

Participant Signature _____ Date _____ Participant Printed Name _____

All USA Swimming Participants Must Sign this Release:

"I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Open Water swimming events, including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the 2004 Pensacola Bay Swim, 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 Swimming, Inc., Southeastern Swimming, Inc., the City of Gulf Breeze, the City of Pensacola, The Club of Gulf Breeze, Club Makos, host facilities, meet sponsors, meet committees, or any individuals officiating at the meet or supervising such activities. In addition, I agree to abide by and be governed by the rules of United States Swimming, Inc., Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Participant Signature _____ Date _____ Participant Printed Name _____

Parent's Signature (if participant is under 18 years of age) _____



USMS Long Course Nationals
Savannah, Georgia
August 12-15, 2004

Savannah Masters Nationals Tune-up Meet



Meet Date

Sunday, June 6, 2004

Times

Warmup 12:00 noon
Meet Starts 1:00 p.m.

Location

Chatham County Aquatic Center,
7240 Sallie Mood Drive, Savannah, GA
Pool phone number: (912) 652-6793

Course

50 meters (Long Course Meters)

Sanction

Sanctioned by Georgia LMSC for United States
Masters Swimming, # 454-S02

Facility

Indoor, eight 50-meter competition lanes, average
8-foot depth. Six lanes will be used for competition,
with one buffer lane and one continuous warm-up
lane during the meet. Colorado timing/scoreboard.

Rules

2004 USMS Rules in effect

Eligibility

19 years of age as of December 31, 2004.
Swimmers must provide a copy of USMS card with
meet entry.

Entries

Swimmers may enter a maximum of five individual
events.

Deadline

All entries must be received by Monday, May 31.
Late and deck entries will be accepted at the
discretion of the Meet Director.

Fees

\$12.00 per swimmer covers all events.

Meet Director/Mail Entries To

Scott Rabalais, 20 Oak Park Pt., Savannah, GA
31405. For questions, contact Scott Rabalais at
(912) 234-0679 or scottrabalais@compuserve.com.

Seeding

All events will be seeded slow to fast without regard
to age.

Age Groups

19-24, 25-29, 30-34, 35-39, 40-44, etc.

Awards

There will be no scoring and no awards in this meet.

Results

Final results will be sent by e-mail to each swimmer
listed with e-mail address on entry form. Results
will also be posted at www.savannahmasters.com.

Social

After the meet, all swimmers are invited to join the
Savannah Masters at a nearby eating establishment
for fun, food and frivolity!

Events

200 IM, 100 free, 50 breast, 100 fly, 50 back, 400
free, 100 breast, 50 fly, 100 back, 50 free. Women
will precede men.

G-8 Summit

During the meet weekend, preparations will be in
full force to the G-8 Summit to be held in the
Savannah area. Virtually every hotel room in
Savannah is booked for the event. Please make
plans accordingly!

Directions to Pool

From I-95

Take Exit 94 (GA 204/Abercorn Street), then go east
10-12 miles. Turn right onto Montgomery Cross
Roads (Honey-Baked Ham & Baymont Inn on
corner). At the 4th light turn left onto Sallie Mood
Drive. Look for the bubble of the aquatic center
about 1/2 mile on the right.

From I-16

Take Exit 164A (Lynes Parkway East/I-516), stay on
I-516 and it will turn into DeRenne Avenue. Turn
right onto Abercorn Street (large intersection), turn
left onto Eisenhower Drive (intersection just past
Stephenson). At the 4th light turn right onto Sallie
Mood Drive. Look for the bubble of the aquatic
center about 1/2 mile on the left.

Savannah Masters Nationals Tune-up

June 6, 2004

Official Entry Form

Name: _____ Gender: _____ Age: (as of 12/31/04): _____

Address: _____ City, State: _____ Zip: _____

E-mail Address: _____ Phone: _____

Team Name: _____ Team Abbreviation: _____

Circle desired event numbers and list seed time **in meters** (NT for no time). Limit of five individual events.

Warm-up 12 noon, Meet at 1:00 p.m.			
Event # - W	Event # - M	Event	Seed Time
1	2	200 IM	
3	4	100 Free	
5	6	50 Breast	
7	8	100 Fly	
9	10	50 Back	
11	12	400 Free	
13	14	100 Breast	
15	16	50 Fly	
17	18	100 Back	
19	20	50 Free	

Liability Release:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters SWIMMING (training and competition), including possible permanent disability or death, and agree to assume a 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.

Signature: _____ Date: _____

**Entries must be received by
Monday, May 31, 2004.**

Mail entries to:

**Scott Rabalais
20 Oak Park Pt.
Savannah, GA 31405**

Phone: (912) 234-0679

E-mail: scottrabalais@compuserve.com

Fees

Meet fee is \$12.00 per swimmer, payable to Savannah Masters

Amelia Island Open Water Challenge

Sanctioned by Florida LMSC for USMS: Sanction #: 144-001OW
Partially funded by the Amelia Island Tourist Development Council

- Events:** **5K open water swim (USMS 3-6 mile National Championship)**
1 mile open water swim (USMS & USA-S)
5K open water swim for USA-S Juniors (18 & under).
- Date:** Saturday, 12 June 2004
- Race Start:** USMS 5K & 1 mile @8:35 am, USA-S Junior races at 8:30 AM
- Location:** Fernandina Beach, Florida
- Entry Fee:** \$30.00 before 29 May 2004
\$40.00 deck entry and entries received after 29 May 2004

All participants receive event T-shirt, swim cap, and a few other undetermined gratuity gifts. Gifts will be distributed at the race finish.
Event participation limited to 300 swimmers – early registration suggested.
Awards to top 6 overall and in each age group. Medals for Championship event
An All-American patch for all USMS National Championship age group winners.
All swimmers must be registered with USMS or USA swimming associations or their own nation's recognized Masters swimming governing body.
Swimmers may obtain USMS registration forms (annual and single event memberships available) at the time of deck entry.

Pre-Race Meeting: An optional registration and an informal pre-race meeting will be held at Main Beach on Friday night, 11 June 2004 from 6:30 to 8:30 pm. Main Beach is located at the eastern terminus of Atlantic Avenue & South Fletcher Ave.

Race Day: Check-in begins at 6:30am at the race finish at Main Beach. The City of Fernandina Beach and other drivers will provide transportation for all participants to the starting points of the race at the Jasmin Road (1 mile event) and Simmons Road (5K event) accesses. There will be a course briefing on Saturday morning at 7:30AM.
An awards ceremony and continental breakfast will be provided to all participants at the race finish area at Main Beach. Others will be charged \$5 for breakfast.

Course Description:

Race starting points are at the Jasmin Road beach access and the Simmons Road beach access for the 1 mile and 5K races, respectively. Races will finish at Main Beach, located at the eastern terminus of Atlantic Avenue.

There will be a 2.5 hour time limit for racers to complete either course. Check-in at the finish line is mandatory for all racers.

Event Coordinator(s): *primary* = Edward Gaw * 904/277-4328 * edginc@worldnet.att.net
secondary = Chris Gaw * 407/835-1350 * mrgotto@yahoo.com

Make Check Payable To: *Amelia Island Open Water Challenge*

Mailing Address: *Amelia Island Open Water Challenge/Fernandina Beach Depart. of Parks and Rec. / 2500 Atlantic Avenue / Fernandina Beach, FL 32034*

RACE REGISTRATION FORM

Registration can also be found at www.active.com

Name: _____ **Age (on race day):** _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Home Phone: _____ **Business Phone:** _____

Email: _____

Emergency contact: _____ **Phone:** _____

Event: 1 mile-USMS 1 mile-USA-S **5K USMS National Championship** 5K USA-S
(Circle One)

USMS or USA Swimming Membership No.: _____
*(PROVIDE COPY OF USMS MEMBERSHIP CARD
OR PROOF OF MEMBERSHIP IN A FOREIGN ORGANIZATION)*

Team Name: _____

Male / Female (circle one)

Handicap assistance needed _____ **If yes, what type:** _____

Amount Enclosed: \$ _____ \$30 before 29 May 2004, \$40 thereafter

T-shirt size: *(Circle One)* S / M / L / XL / XXL

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 these 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. Finally, I specifically acknowledge that I am aware of all the **RISKS** inherent in open water swimming, and agree to assume those **RISKS**.

Signature of Participant: _____

Signature of Parent or Legal Guardian: _____
(if under 18 years of age)

Make Check Payable To: *Amelia Island Open Water Challenge*
Mailing Address: *Amelia Island Open Water Challenge/Fernandina Beach Depart. of
Parks and Rec. / 2500 Atlantic Avenue / Fernandina Beach, FL 32034*

2004 Swim Florida T-Shirt Meet

Hosted by Sarasota Chapter of Swim Florida
Sanctioned by the Florida LMSC for USMS, Inc #144-009
Meet Director: Rick Walker

DATE & TIME: Saturday, June 12: warm-up at 11:00 AM meet begins at 12:00 noon.
Sunday, June 13: warm-up at 8:00 AM meet begins at 9:00 AM

FACILITY: The Sarasota YMCA Selby Aquatic Center, 8301 Potter Park Drive, Sarasota, Florida: an outdoor 50 meter x 25 yard pool (<http://www.sarasota-ymca.org>). Colorado Timing will be provided for competition. A 25-yard warm up pool will be available at all times. All events will be swum in numerical order slow to fast with the exception of the 400 Freestyle and 400 Individual Medley which will be swum fast to slow. These two events will swim mixed gender.

ELIGIBILITY: Current USMS rules will govern. All athletes 19 years of age and older as of June 12, 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 may also be faxed with a copy of a check to (941) 426-4576. Swimmers may enter a maximum of five individual events per day. Each entry must be submitted on the Florida LMSC Consolidated Entry Form with your name, club, age, event description, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver is signed, and a copy of your USMS registration card is attached. Scratches will be accepted and full refunds made if notification is received on or before June 10, 2004. You must email rickmile@aol.com or fax to 941-426-4576 to receive a refund.

- Entries must be received by Wednesday June 2, 2004. Late fax entries will be accepted until June 7 for a \$5 surcharge.
- Send entries to: **Bob Coulter, 3145 Paar Circle, Port Charlotte, FL, 33981.** Make checks payable to **SWIM Florida Masters.**

RELAYS: Relay teams may be deck entered at the meet both Saturday and Sunday at \$4 per relay. Only team members registered for the meet may participate. Participants may swim in ONE relay per day: women, men or mixed. All relays will swim in combined heats.

SCORING & AWARDS: A FREE T-shirt designed by Jim Donnelly will be awarded to any swimmer entering a minimum of five events. Mark your size on the entry form below.

ORDER OF EVENTS:

<u>W/M</u>	<u>Saturday June 12 Noon</u>	<u>W/MSunday June 13 9:00 AM</u>
1/2	200 Breaststroke	21/22 200 Backstroke
3/4	100 Butterfly	23/24 50 Freestyle
5/6	100 Backstroke	25/26 200 Butterfly
7/8	50 Breaststroke	27/28 100 Breaststroke
9/10	200 Individual Medley	29/30 200 Freestyle
11/12	100 Freestyle	31/32 50 Backstroke
13/14	50 Butterfly	33/34/35 800 Freestyle Relay**
15/16/17	400 Medley Relay**	37/38 400 Individual Medley*
19/20	400 Freestyle*	

* Check-in required. Swum fast to slow

** Swimmers may participate in only one relay per day. Swum combined.

CONTACTS: Rick Walker, 4532 Ocean Blvd. #102, Sarasota, FL, 34242. Telephone (941) 346-7946. Fax: (941) 346-5278. Email: rickmile@aol.com.

 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.....= \$	_____
	Results mailed (1) x \$2.50.....= \$	_____
	Social () x \$7.....= \$	_____
	FREE T-SHIRT (if entered 5 events)	
	circle size: S M L XL	
	Extra T-shirt S M L XL x \$10 ea.....= \$	_____
	TOTAL ENCLOSED.....= \$	_____

Make checks payable to **SWIM Florida Masters.**
mail to: **Bob Coulter**
3145 Paar Circle
Port Charlotte, FL, 33981.

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

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

29

St. Pete Masters Long Course Swimming Championships

July 16, 17, and 18, 2004

Sanctioned by: Florida LMSC for USMS, Inc. Sanction #: 144-013

- Dates & Times** Friday, July 16: 1500 free warm-up at 4:30 pm, swim at 5:00 pm.
Saturday & Sunday July 17 and 18: warm-up begins at 8:00 am, the meet starting at 9:00 am
- Facility** North Shore Pool is located at 901 North Shore Drive NE. Eight competition lanes with a segregated Warm up lane. Colorado Timing with hand-held watches will be used.
- Eligibility & Rules** Open to all registered MASTERS, age 19 years and older. **Meet age is your age on December 31, 2004.**
A copy of your 2004 USMS Card MUST be attached to the entry form. 2004 USMS rules govern.
- Entries** Swimmers may enter five (5) events per day PLUS relays. Cost per event is \$2.50. Cost per relay is \$5.00. There is a \$15 meet surcharge for all swimmers. Make check or money order payable to: **St. Pete Masters**
Mail Entries to: Bob Atwood ~ 130 23rd Avenue North ~ St. Pete, FL 33704
Questions? Contact Bob at: (727) 821-5098 or ratwood42@aol.com
- Deadline & Scratches** **Meet entries must be POSTMARKED BY JULY 6.** If you are unable to attend, contact Bob Atwood no later than July 14 and your money will be refunded in full. Scratches on July 15 & 16 will be accepted, but the surcharge will not be returned (only event charges and results fees).
- Seeding** Entries will be seeded by time, slowest to fastest **except for the 1500 Free. The 1500 free, 400 Free and 400 IM require check in.** The 1500 Free will be seeded **Fastest to Slowest** on Friday evening. Relays will be deck seeded during the meet. The Men's and Women's heats of the 400 Free and 400 IM will be combined by seed time. **No Time entries cannot be accepted.** All events are timed finals.
- Relays** All relay swimmers must be registered with the meet; sign the meet waiver and pay the meet surcharge.
- Awards & Scoring** Awards will be given for each event. Individual and Team High Point awards for 1st, 2nd & 3rd in each age group (must compete in 5 events). Scoring: 9-7-6-5-4-3-2-1 pts for individual events; double pts for relays. FACT registered swimmers will compete individual events for their local chapter (SPCO, SWIM, CATM...), but can co-mingle for relays. Co-mingled relays do not count toward team scoring but do count for Top Ten submissions.
- Heat Sheet & Results** A heat sheet will be provided each entrant. One copy of results will be provided to each team free of charge; additional copies can be ordered on the entry form or at the meet for \$5 per copy. Results for the 800 Free will be submitted for Top Ten consideration, provided the competitor records a split and completes the 1500m Free.
- Order of Events**
- | | Friday | Saturday | Sunday |
|--|--|--|-------------------------------|
| | warm-up: 4:30, swim at 5:00 pm | warm-up both days is 8:00 am, meet starts at 9:00 am | |
| | <u>W/M</u> <u>Event</u> | <u>W/M</u> <u>Event</u> | <u>W/M</u> <u>Event</u> |
| | 1 / 2 1500 m. Free | 3 / 4 200 m. Back | 23 / 24 200 m. Free |
| | (mixed seeding by entry time) | 5 / 6 100 m. Free | 25 / 26 50 m. Breast |
| | 800 m Free split will be submitted for | 7 / 8 50 m. Fly | 27 / 28 100 m. Fly |
| | Top 10 consideration provided the | 9 / 10 200 m. Mxd Medley Relay | 29 / 30 200 m. Mxd Free Relay |
| | Competitor records an 800 split and | 11 / 12 100 m. Breast | 31 / 32 200 m. Breast |
| | completes the 1500 m. Free | 13 / 14 200 m. Fly | 33 / 34 100 m. Back |
| | | 15 / 16 200 m. IM | 35 / 36 50 m. Free |
| | | 17 / 18 50 m. Back | 37 / 38 200 m. Free Relay |
| | | 19 / 20 200 m. Medley Relay | 39 / 40 400 m. IM (combined) |
| | | 21 / 22 400 m. Free (combined) | |

** There will be breaks scheduled around the relays **

The Florida LMSC meeting is scheduled to follow Saturday's events

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

Fees: Meet surcharge.....= \$ 15.00
 # events () x \$2.50.....= \$ _____
 Meet results \$5.00/copy.....= \$ _____
 TOTAL ENCLOSED.....= \$ _____

Postmark entry deadline is July 6

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

Bob Atwood
 130 23rd Avenue North
 St. Petersburg FL 33704

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

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

Team Orlando Masters Summer Invitational
 Hosted by Team Orlando Masters and the YMCA Aquatic Center
July 31, 2004
 Sanctioned by Florida LMSC for USMS, Inc.#144-014

- Rules:** Open to all registered MASTERS, age 19 years and older. All entrants must have a current 2004 USMS registration card. A copy of this card **must be attached** to the entry form before an athlete can be entered in the meet. 2004 USMS Rules govern. Each swimmer will be limited to five (5) events plus two (2) relays.
- Entry & Fees:** Cost per athlete shall be a flat fee of \$25. Late registrations will be accepted for an additional \$15.
- Deadline:** Entries must be received by July 19, 2004. Faxed entries will be accepted until 12 noon July 23, 2004. Fax entries to (407) 352 1907. **Deck entries for unregistered athletes will be accepted the day of the meet.** Deck entries will be placed in open lanes and no new heats will be created.
- Facility:** 8 lane LCM, 7FT deep throughout. Indoor facility with a retractable roof. Colorado Timing and hand-held backup watches used.
- Awards:** Awards for 1st through 3rd place in each age group in each event.
- Age Groups:** Individuals: 19-24, 25-29, 30-34, etc. up to 90+. Relays 76+, 100+, 120+, 160+ ,200+ ,etc. Your age is what you will be on December 31, 2004 (FINA rules).
- Relays:** All relay swimmers must be registered for the meet and must paid the meet entry fee. Relays will be deck entered and seeded one half-hour prior to race.
- Scoring:** 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.
- Start Time** Warm ups will begin at 7:30 AM and the meet starts at 9:00. **The 400 Free and 400 IM will be deck seeded in heats from Fastest to Slowest. Positive check-in will be required at least one half-hour prior to the event.** Swimmers registered but not checked in will be scratched from the event. If a swimmer checks in after the deadline they will be seeded in an open heat and lane. No additional heats will be added.
- Heat sheets:** One heat sheet is included in the meet charge. All results will be posted on the YMCA Aquatic Center web page (www.ymcaaquaticcenter.com) website.
- Information:** Call meet director Aaron Swartzman at (407) 363-1911

July 31

1/2	400 Free	16/17	200 IM	32/33	400 IM
3/4	200 Butterfly	18/19	100 Breaststroke		
5	200 Free Relay (mix)	20	200 Medley Relay (mix)		
6/7	100 Backstroke	21/22	50 Backstroke		
8/9	50 Free	23/24	100 Butterfly		
10/11	200 Breaststroke	25/26	200 Free		
12/13	50 Butterfly	28/29	50 Breaststroke		
14/15	100 Free	30/31	200 Backstroke		
-----	10 min Break -----	-----	10 min Break -----		

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

Fees: Entry fee.....= \$ 25.00
 Late Fee (if applicable): \$15.00..... = \$_____
 TOTAL ENCLOSED.....= \$_____

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

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

Make checks payable to **YMCA Aquatic Center** and mail the check and the entry form with this tab attached to
 Aaron Swartzman
 8422 International Drive
 Orlando FL 32819

Mail entry and fees to:
 Long Course Nationals
 USMS National Office
 9 Wiley Hill Rd,
 Londonderry, NH 03053-3109

2004 USMS National Long Course Championships Official Entry Form



**Chatham County Aquatic Center
 Savannah, Georgia August 12-15, 2004**

Sanctioned by the Georgia LMSC for USMS, Inc. - Sanction number 454-L01

Name* _____ *Print name as it appears on USMS registration card.
Last First Middle Initial

Address _____
Street City State ZIP Country

E-Mail _____ Day Phone _____ Eve. Phone _____
A/C A/C

Emergency _____ Age _____ Birthdate _____ Sex _____
Name Phone No. (on 12/31/04) (Month/Day/Year) M/F

Club Name or Unattached _____ USMS or International Reg. # _____

BEFORE COMPLETING, READ MEET INFORMATION ON PREVIOUS PAGES.

Check-in is required for all events. For all Friday-Sunday events, check-in ends at 6 pm EDT the day before event is swum. For Thursday events, check-in will start THE DAY BEFORE and end 7 am Thursday for the 800 and one hour before the start of the 1500.
Entries must be U.S. postmarked by July 1, 2004 or received by July 8, 2004

Event No	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
Warm Up 6:30-7:50 a.m.				THURSDAY, AUGUST 12, 2004	Start 8:00 a.m.			
1				800 FREESTYLE**	2			
3				1500 FREESTYLE**	4			
Warm Up 6:30-7:50 a.m.				FRIDAY, AUGUST 13, 2004	Start 8:00 a.m.			
5				400 INDIVIDUAL MEDLEY	6			
7				50 BUTTERFLY	8			
9				200 FREESTYLE	10			
11				100 BACKSTROKE	12			
13				200 BREASTSTROKE	14			
15/16	SEE RELAY FORM			200 MIXED MEDLEY RELAY	15/16	SEE RELAY FORM		
17	SEE RELAY FORM			200 FREE RELAY	18	SEE RELAY FORM		
Warm Up 6:30-7:50 a.m.				SATURDAY, AUGUST 14, 2004	Start 8:00 a.m.			
19				400 FREESTYLE (WOMEN)	****	Men's 400 Sunday	***	***
21				200 BACKSTROKE	22			
23				50 FREESTYLE	24			
25				100 BREASTSTROKE	26			
27				200 INDIVIDUAL MEDLEY	28			
29				100 BUTTERFLY	30			
31	SEE RELAY FORM			200 MEDLEY RELAY	32	SEE RELAY FORM		
Warm Up 6:30-7:50 a.m.				SUNDAY, AUGUST 15, 2004	Start 8:00 a.m.			
****	Women's 400 Saturday	***	***	400 FREESTYLE (MEN)	34			
35				50 BREASTSTROKE	36			
37				200 BUTTERFLY	38			
39				100 FREESTYLE	40			
41				50 BACKSTROKE	42			
43/44	SEE RELAY FORM			200 MIXED FREE RELAY	43/44	SEE RELAY FORM		

Entry Checklist

Entry form filled out completely?

"T" and "6" events clearly marked? ("T" is for NQT's that have been met. Mark "6" only if entering 6 events.)

Seed times in proper columns?

No more than three events per day entered?

Liability release signed and dated?

Fees payable to "USMS" enclosed?

Foreign Masters swimming registration card attached?

SASE enclosed? (Indicate purpose on envelope.)

Entry postmarked by July 1, 2004, or received by July 8, 2004, deadline?

QUESTIONS? Call (912) 234-0679 before 9 p.m. EDT

**You may enter either the 800 Free or the 1500 Free, not both.

Internet Entries will be accepted starting 5/1/04. Please see www.usms.org for additional information.

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

Signature _____ Date _____

FEES:

Meet Surcharge (required for all events)	\$30
Number of Individual Events	x \$4 _____
Final Results	x \$15 _____
Social Event	x \$40 _____
Gold Medal Sponsor	x \$50 _____
TOTAL FEES ENCLOSED	_____

Check or money order payable to
 United States Masters Swimming



2004 USMS 5K/10K POSTAL SWIM NATIONAL CHAMPIONSHIPS



Sponsored by St. Louis Area Masters Swimming
Sanctioned by Ozark LMSC for USMS, Inc., #4791

DATE: All swims must take place between May 15, 2004 and September 30, 2004

LOCATION: The swim will take place in the pool of your liking, provided that it is 50 meters long, and at any time you like.

PURPOSE: To see how fast you can swim either 5,000 meters (100 lengths) or 10,000 meters (200 lengths)

ELIGIBILITY: Proof of membership in your nation's recognized masters swimming organization is required. A PHOTOCOPY OF THE SWIMMER'S 2004 REGISTRATION MUST BE SUBMITTED WITH THE OFFICIAL ENTRY FORM. Foreign swimmers are not eligible for USMS records or All-American selection.

INDIVIDUAL ENTRIES: Men and women compete separately in age groups of five-year increments: 19-24, 25-29, 30-34, 35-39, 40-45, . . . 100+. The swimmer's age group will be determined on the day he or she actually completes his or her swim. Those swimmers who have a birthday during the competition and wish to compete in more than one age group, must swim the event twice, one time in each age group.

TEAM ENTRIES: Team events will be contested in three categories: 3 men, 3 women, 4 mixed (2 men/2 women). Each team member must enter the individual event and be registered with the same club. Unattached teams are not permitted. The youngest team member's age shall determine the team's age group. Teams must swim in the oldest age group for which they are eligible. Age groups are 19+, 25+, 35+, 45+ . . . 95+. The cumulative time for the individual swims will be the team time.

FEES: \$10 for each individual entry and \$15 for each team entry. Fees are non-refundable and are payable by check only - no cash. Foreign entrants must submit fees in U.S. Funds via internal money order or bank check drawn on a bank with a U.S. affiliate.

SCORING: Club scoring will be tabulated based on the top ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be tabulated for the men, women, and combined in both 5K and 10K events.

AWARDS: The top three finishers in each age group in the individual and team events will receive USMS Long Distance National Championship medals. First place finishers in each age group will also receive a USMS championship patch. Awards will be presented to the top three clubs in each category.

RULES: Current USMS rules will govern these events. Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. When two swimmers share the same lane, each swimmer shall swim on one side of the lane during the entire race (no circle swimming). The referee shall establish procedures to prevent drafting if more than two swimmers are competing in a lane. An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer shall have a counter to record split times for every two lengths. One person may serve as a counter for no more than two swimmers per heat. The counter's name and phone number must be included on the entry form. Stopwatches or electronic timing must be used to ensure that an official swim can be recorded to the nearest hundredth of a second. Backup stopwatches should be started and left running in case the official timing system fails. A 5K split in the 10K event may be submitted for a record if requested in writing. It will not be accepted as an entry for the 5k; the events must be swum separately.

RESULTS: Complete results will be available by mail or via the internet. Awards and caps will be mailed by November 10, 2004.

QUESTIONS: Contact event director, Bruce Hopson, 315 N. 11th St., #703, St. Louis, MO 63101 at 314-588-8066 or email bhopson@swbell.net

Relay Entry Form - Use only for relay entries (please print clearly)

Event: 3 x 5K _____ 3 x 10K _____ 4 x 5K _____ 4 x 10K _____

Club Name: _____ Club Abbr. _____ Gender _____ Mixed _____ Age Group _____

Swimmer	Gender	Age	Time
#1 _____	_____	_____	_____
#2 _____	_____	_____	_____
#3 _____	_____	_____	_____
#4 _____	_____	_____	_____

Team Captain/contact _____ Phone _____ Date _____ Total Time _____

Address: _____ City: _____ State _____ Zip _____

**2004 USMS 5K/10K Postal Swim National Championship
Individual Entry Form – Please Print Clearly**



USMS RELEASE: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC.; THE LOCAL MASTERS SWIMMING COMMITTEE; THE CLUB; THE 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."

SIGNATURE: _____ DATE: _____

NAME: _____ USMS Reg. NUMBER _____
(As it appears on registration card) (Include COPY of 2004 USMS Reg. Card or NGB equivalent)

ADDRESS: _____ PHONE: _____

CITY: _____ STATE: _____ ZIP: _____ COUNTRY: _____

EMAIL ADDRESS: _____ CLUB NAME: _____

BIRTH DATE: _____ AGE: _____ CLUB CODE: _____ GENDER (circle one) M F
(mm/dd/yy)

INDIVIDUAL RESULTS

Final time must be recorded to the nearest one-hundredth of a second. I certify that I have read the rules of this event and on ____/____/2004, I swam 5K ___/10K ___ (check one), in the time of: ____:____:____.____ at (pool location/address) _____

Signature of Swimmer: _____ Timer: _____

Awards: check if you **do not** wish to receive your
 Championship Medal Patch

Results: Electronic Results via email **OR**
 Paper results via US Postal

Send Entries to: SLAM 5K/10K Postal Swim, 315 N. 11th St., Apt. 703, St. Louis, MO 63101, along with a **check made payable to:** St. Louis Area Masters Swimming – \$10 for individual, \$15 for relay. **ALL ENTRIES MUST BE RECEIVED BY OCTOBER 10, 2004.**

Split sheet: Record **Cumulative** (not split) time for each 100 meters (10ths) and final time to (100ths)

100 _____	2100 _____	4100 _____	6100 _____	8100 _____
200 _____	2200 _____	4200 _____	6200 _____	8200 _____
300 _____	2300 _____	4300 _____	6300 _____	8300 _____
400 _____	2400 _____	4400 _____	6400 _____	8400 _____
500 _____	2500 _____	4500 _____	6500 _____	8500 _____
600 _____	2600 _____	4600 _____	6600 _____	8600 _____
700 _____	2700 _____	4700 _____	6700 _____	8700 _____
800 _____	2800 _____	4800 _____	6800 _____	8800 _____
900 _____	2900 _____	4900 _____	6900 _____	8900 _____
1000 _____	3000 _____	5000 _____	7000 _____	9000 _____
1100 _____	3100 _____	5100 _____	7100 _____	9100 _____
1200 _____	3200 _____	5200 _____	7200 _____	9200 _____
1300 _____	3300 _____	5300 _____	7300 _____	9300 _____
1400 _____	3400 _____	5400 _____	7400 _____	9400 _____
1500 _____	3500 _____	5500 _____	7500 _____	9500 _____
1600 _____	3600 _____	5600 _____	7600 _____	9600 _____
1700 _____	3700 _____	5700 _____	7700 _____	9700 _____
1800 _____	3800 _____	5800 _____	7800 _____	9800 _____
1900 _____	3900 _____	5900 _____	7900 _____	9900 _____
2000 _____	4000 _____	6000 _____	8000 _____	10000 _____

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! 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!								
_____	1500/1650									

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. ASA CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERE TO, 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

1111

ASK THE SWIM DOCTOR

QUESTION: My kicks aren't very effective. Can you give me some suggestions on how I can improve my kicking?

ANSWER: You want to kick butt? Start with your own, and add more kicking to your workouts. The average training program for Masters swimming includes some kicking. However, to maximize your swim potential, it is important that you get the most from each of your kicks. Slow kicking develops a bigger and wider kick that can actually make you go slower, because of the increased resistance. Just like the propeller on a tug boat is set at a different pitch than on a speed boat.

After the war, I competed at The University of Iowa. Doc Counsilman was the Assistant Coach. He questioned many established ideas in swimming and was creative and scientific in his approach. As the Assistant 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.

TIME ALL YOUR KICK SETS. The principle applied is to power kick for specificity to your events. Instead of kicking a 200 or 400 straight, do 4 or 8 x 50 with short rest of 10 or 15 seconds. On breast kicks, count the number of kicks per length and note your time. For back kicks, lock your arms behind your head to streamline. Stroke into your turns from the flags and kick off from the wall with as many underwater dolphin kicks as you can handle before your breakout.

DRILLS. It is important to do some kicking without a board. Kick back and free on your side with one arm extended. This will give you improved diagonal kicking to maintain horizontal and lateral alignment in your swimming. To do breast kicks without a board, extend your arms backward and have your feet touch them. ...



Continued inside, after NEWS