

FLORIDA

Local Masters Swimming Committee, Inc.

NEWSLETTER

Vol. XXI, No. 3

Aug - Oct 04



Florida Maverick Masters



Tampa Bay Aquatic Club



SWIM Florida Masters



Villages Aquatic Swim Team

WHAT'S INSIDE?

Letter from the President * Ask The Swim Doctor * Top 10 & Records
News From Around The LMSC * Calendar of Events * Meet Entry Forms
Fun & Fitness * My Favorite Workout
and much, much more...

Calendar of Events

By Christine Swanson

POOL MEETS

11-15 August

USMS National LCM
Championship in Savannah, GA.

21 August

Swim Atlanta SCY Meet in
Sugarloaf, GA.

21 August

800 LCM Developmental Meet
in Brandon, FL at the Brandon
Swim and Tennis Club. **Only
chance to swim this event in
the FL LMSC this summer.**
Warm-up 10am. Start 10:15am.
Swim slow to fast. Entry fee
\$10. Light refreshments will
be served. For further details
contact Sue Moucha at
JBMoucha@aol.com or (813)
689-4131.

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.

8-10 October

Team Orlando SCM Fall
Invitational Meet at the YMCA
Aquatic center in Orlando, FL.
Entry information included in
this issue. Entry deadline:
received Tue., 9-28.

6-7 November (tentative)

SWIM Florida SCM Meet in
Ft. Myers, FL. Check the FL
LMSC web site for further
details and exact date.

4-5 December

SCM Holiday Classic in Coral
Springs, FL.

5-6 December

2004 FL Senior Games State
Championships at the Mulberry
Grove Rec. Ctr. in The Villages,
FL. (You must qualify for this
event in another Snr. Games
event.)

OPEN WATER SWIMS

18 September

Panama City Swim Team Open
Water Swim (1K, 1.2 miles, 2.4
miles) in Panama City, FL. This
is a USMS-sanctioned event.
Online entry available at
active.com Entry deadline:
received Wed., 9-8.

24 October

St. Croix 5-mile Coral reef
Swim in St. Croix, V.I.

6 November

BonAire Eco Swim (metric mile,
5K, 10K) in Bonaire, N.A.
Entry deadline: received by
Fri., 10-15.

POSTAL MEETS

15 May - 30 September

USMS 5K/10K Postal
Championships. Entry printed
in SWIM Magazine. *** Pool
available for 5K/10K postal
swims at Brandon Swim &
Tennis Club in Brandon, FL.
Contact Blue Wave Master
Swimmer Sue Moucha for
details. \$5.00 fee for the use
of the pool.

1 September - 31 October

USMS 3000/6000 Postal
Championships. *** Entry
printed in SWIM Magazine.

1 September - 15 December

MN LMSC Pentathlon Swims.
Entry available on-line at [http://www.minnesotamasters.com/
forms/Entry_Form_2004.pdf](http://www.minnesotamasters.com/forms/Entry_Form_2004.pdf)

SWIM CLINICS

10-12 September

The 2004 Auburn Tigers Swim
Camp for Triathletes and
Masters swimmers will be held
at Auburn University. Space is
limited to 40 participants. Info
& entry materials are available
at [http://www.ag.auburn.edu/~
cbailey/masterscamp2004.pdf](http://www.ag.auburn.edu/~cbailey/masterscamp2004.pdf)
or at [http://www.ag.auburn.edu/
/~cbailey/masterscamp2004.h
tml](http://www.ag.auburn.edu/~cbailey/masterscamp2004.html)



Dear FL LMSC
Team Member,

Who thought getting old could be fun... well, at least in masters swimming. I have made the move into the seniors group and don't have to compete against Bill Specht anymore (well at least for 4 years that is). Along with age, time seems to be flying by: it is a Presidential election year as well as our own FL LMSC election year. Whereas I am very honored and blessed to work with such fine individuals who represent YOUR FL LMSC, there is going to be at least one change in officers in re to the Sanctions Chair position. Due to job and a possible move, Christine Swanson will be passing the baton. She has done a fabulous job in revamping the sanctions functions. She will surely be missed. In the balance of this letter I will further discuss the elections and the importance of your part; share more information about the FACT group to hopefully clear up some confusion for some folks; and explain the significant role of a Team Rep.

The term length for a FL LMSC Officer is 2 years and this is election year. In preparation for this process each of the officers were given a survey form to complete in re

to their own performance, rating of the other officers and their interest in the position for the future. The information from the surveys will be an integral part of the election process. Another critical element is the forming of an elections nominating committee. This will be initiated at the St. Pete meeting and will be open to any Team Representative (please contact me if you're interested or have any questions). The committee will review the surveys, collect nominations and create the election slate for the October meeting in Orlando. Along with being the contact point for all teams, the Team Representatives who are on the nominating committee facilitate the FL LMSC elections.

It is a FACT (Florida Aquatics Combined Team), the FL LMSC has an umbrella team set up for our members to compete at national or international events. In the past the FL LMSC has averaged around 35 teams (mostly small). Now many of these teams have joined forces under the FL umbrella. This simply is an option that several of your LMSC members were interested in and in no way was or is being promoted by your LMSC officers. This opportunity was birthed out of our members

just like you, who expressed an interest. The first real test is in August at the LCM Nationals in Savannah, Georgia. With this being a new venture we are open to any suggestions. Thanks to Joe Biondi, Victor Buehler, Joan Campbell and Dick Brewer who have facilitated the building of the FACT organization.

As much as we try to keep you up-to-date through the web page and the newsletter, the LMSC meetings are still the best communication source. One of the prime responsibilities of a Team Rep is to attend meetings as a spokesman and to be an information reporter for your club. They also are encouraged to participate on committees and support the overall organization from time to time. Each club needs to have a Team Representative for each club to be connected and to keep our overall ORGANIZATION (the FL LMSC) strong. Since we are an ORGANIZATION, which is made up of each member, we will only function effectively with connection and the cooperation of each of our teams. Just as the organs in our body each serve very important functions (which are very dependant on the other) so too does the Florida LMSC with each of its clubs. If you have any suggestions on how we

can better accommodate your involvement please contact me. We want 100% attendance from our team reps!

We are a very healthy and growing *ORGAN*ization and we want to continue, so consider how you can help bring more life to YOUR FL LMSC.

Yours in the water,
Tom Bliss



Convention in Orlando!
USMS Volunteers
Still 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'd be willing to volunteer about 4 hrs of their time. You would be meeting Masters swimmers from all over the USt in a very social atmosphere. If you can help, please contact Meegan Wilson at 352-373-0023 or wilson@afn.org.



TOP TEN & RECORDS
by Margie Hutinger

I submitted times from the SCY meets in Clearwater, St. Pete, SPM dual meet, Indian River, Masters club team relays from YMCA Nationals; Senior state meet and Polk Sr. Games; and individual results from Mark Drennen, Charlotte Petersen and Gertraud Perry.

For the Florida Top 5 and Records, I included times from the final results swimmers sent me from meets including Sr. Nationals; Charlotte, NC; Auburn, AL; Ft Lauderdale, FL; Brentwood, TN; YMCA and SCY Nationals and meets in Iowa and Missouri. Since the YMCA Nationals is not a Masters sanctioned meet, it is difficult to recognize FL swimmers and clubs. I sent out two notices to team reps to send me a list of their Y swimmers and club. The only Y's who responded were West Broward, Orlando and Sarasota, plus St. Pete Masters and several individuals. If you swam for another Y, I'm sorry but your name was not included. Keep in mind that it is the SWIMMER'S

RESPONSIBILITY to send the Top Ten Recorder documen-

tation of all swims outside of the FL LMSC, including YMCA Nationals, if you want them considered for the FL Top 5 and Records. The only exception is USMS Nationals.

Included in this issue are the FL LMSC SCY records, with the 2004 records highlighted. Records broken included only 12 women's individual; 37 men's individual and; plus 4 mixed relays.

Congratulations to all record breakers. The most records broken totaled four, and included Carol-Ann Hudson (46) FACT; Mark Drennen (47) FACT; John Smith (65) FACT and Robert MacDonald (75) FMM. The FMM quartet of Schimpf, Zint, Cleaveland and Tillotson established two new 200m USMS relay records in the 85+ age group, a feat which hasn't been accomplished in 34 years of Masters swimming. The oldest record remaining is from 1983, Chester Miltenberger's 50 Breast, 26.71, in the 30-34 age group.

These are the oldest SCY records that were broken in 2004.

WOMEN

80-84--1650 Free-Bunny Cederlund, FACT, 34:39.18;

broke Kay Schimpf's (SPM)
1998 record of 37:46.00.

100 Breast-Regan Kenner,
FMM, 2:13.36; broke Schimpf's
1998 record of 2:14.34.

200 Breast-Kenner, FMM,
4:40.15; broke Schimpf's 1998
record of 4:55.48.

400 IM-June Reynolds,
FMM, 9:46.28; broke
Schimpf's 1998 record of
9:55.23.

MEN

45-49--50 Free-Steve
Allbritton, SPM, 21.86; broke R
Abrahams' (HLJ) 1990 record
of 21.87.

55-59--200 Free-Glenn
Woodsum, FACT, 2:01.37;
broke Burwell Jones' (HLJ)
1988 record of 2:02.93.

60-64--100 Fly- Christian
Iselin, FACT, 1:11.41; broke
Thomas Smith's (SPM) 1988
record of 1:11.79.

70-74--200 Fly-Dren Geer,
FACT, 3:05.70; broke Harwell
Moseley's (SPM) 1989 record
of 3:15.41.

FUN AND FITNESS

In previous issues, informa-
tion has been included about

the Virtual Swim Series. To
make this event more appealing
and interesting, several
Mavericks have commented on
the swims they are doing. If
anyone in the FL LMSC would
like to include comments on
their swims, please send them
to our editor Gertie at
gertraud_e_perry@yahoo.com
so they can be included in
future issues.

If your club has other fun
activities you'd like to share
with the LMSC, send those
ideas along, too. Let's keep the
FUN IN FITNESS. ☺

Alcatraz Island - Farallon Islands by Dakota Eliason, FMM

Virtual swims are my game.
I once swam from Tampa Bay
to Key West. Doing a mile at a
time in the North Shore Pool,
it took me a year. But, I loved
it! It gave me something to
think about while doing my
laps.

Then I swam Crater Lake in
Washington, 34 miles.

Recently, I decided to swim
from Alcatraz Island (under
the Golden Gate Bridge) to the
Farallon Islands: 29 miles. I'm
about half way as I write this.

At the pool, I tell my swim
buddies what's going on. They
respond in kind. Steve says,

"You watch out! There are
sharks out there!"

My son calls on Sunday and
he says, "M-o-o-m! Wear a wet
suit! That water is cold!" He
ought to know; he lives near
Mendocino in northern
California. He isn't even a
swimmer, he's a horseback
rider.

Bob says, "I wish they'd
paint the bridge. It is SO
rusty." I don't think Bob has
ever been to San Francisco,
but that doesn't stop him from
indulging in the Virtual Swim
game with me. As an aside: I
heard that the painters paint
the bridge and as soon as they
finish, it's time to go back to
the beginning and start all over
again.

Somedays, the swimming
goes well, other days it is
difficult. I usually swim a mile
a day but recently the current
was coming into the bay and
was so strong, I had a hard
time and swam only a half mile.

Maybe when I finish, I'll
swim up the coast instead of
back to Alcatraz. Bodega Bay,
maybe. That's a nice little
town. Hmm. Maybe not. That
would put me on the line of the
San Andreas Earthquake Fault.
Maybe I don't want to do that.

☺

FLORIDA LMSC RECORDS

Short Course Yards (As of 5/31/04)

W O M E N

50 FREE			100 FREE			200 FREE			500 FREE			1000 FREE			1650 FREE		
19-24	23.97	Sudi Miller HLJ-91	52.08	Sudi Miller HLJ-91	1:57.13	Tanya Felton LCAM-01	5:21.59	Maureen Jones SMS-86	11:13.60	Maureen Jones SMS-86	18:27.14	Maureen Jones SMS-86					
25-29	24.27	Mary Holmes HLJ-88	53.52	R Seaman HLJ-86	1:52.85	Mary Holmes HLJ-86	4:59.52	Mary Holmes HLJ-88	10:32.45	Mary Holmes HLJ-88	18:11.49	Mary Roebuck HLJ-90					
30-34	24.89	L Dissington SWIM-99	51.30	R Seaman HLJ-88	1:58.51	C Petersen SPM-99	5:08.68	Mary Roebuck HLJ-92	10:40.67	Mary Roebuck HLJ-92	18:13.85	Mary Roebuck HLJ-94					
35-39	25.04	C Petersen SPM-02	52.24	S Halfacre HLJ-88	1:52.79	S Halfacre HLJ-88	5:01.04	S Halfacre HLJ-88	10:28.01	C Petersen SPM-02	17:15.23	S Halfacre HLJ-88					
40-44	25.00	Martha Martin ORLM-89	55.18	C Shonkwiler ORLM-02	2:02.45	C Shonkwiler ORLM-01	5:29.30	S Halfacre HLJ-95	11:26.41	S Halfacre HLJ-95	18:59.11	S Halfacre HLJ-95					
45-49	26.56	C-Ann Hudson FACT-04	58.14	S Halfacre GSC-02	2:06.69	S Halfacre GSC-02	5:43.43	S Halfacre GSC-02	12:12.76	Jean Bancks HLJ-03	20:32.86	Jo Harrelson SPM-02					
50-54	27.51	Susan Halfacre GSC-03	58.32	S Halfacre GSC-02	2:06.29	S Halfacre GSC-02	5:46.76	S Halfacre GSC-02	12:18.61	Susan Halfacre GSC-03	22:35.15	Pam Geiger SPM-03					
55-59	29.92	Jayne Lambke SPM-95	1:06.01	Jayne Lambke SPM-95	2:29.62	Jayne Lambke SPM-97	6:43.48	Jayne Lambke SPM-97	14:06.55	Jayne Lambke SPM-97	23:19.97	E Bromwich SPM-98					
60-64	30.66	Jayne Lambke SPM-00	1:11.09	Jayne Lambke SPM-00	2:38.19	Jayne Lambke SPM-00	7:18.76	Peg Morrison SPM-00	15:44.05	E Bromwich SPM-03	25:49.50	E Bromwich SPM-03					
65-69	33.68	Florence Carr HLJ-93	1:14.98	Florence Carr HLJ-93	2:46.97	Florence Carr HLJ-91	7:38.82	Florence Carr SPM-94	15:33.39	Patricia Bond FMM-03	26:14.77	Florence Carr HLJ-92					
70-74	33.67	Florence Carr SPM-96	1:16.93	Jean Troy FMM-00	2:49.08	Jean Troy FMM-99	7:40.13	Jean Troy FMM-00	16:09.98	Jean Troy FMM-99	27:48.45	J Campbell CATM-00					
75-79	34.10	Florence Carr FMM-02	1:19.38	Florence Carr FMM-01	2:55.51	Jean Troy FMM-03	8:03.66	Jean Troy FMM-04	18:48.75	Florence Carr FMM-01	33:14.90	Ruth Switzer SMS-84					
80-84	40.10	B Cederlund SPCO-03	1:32.03	B Cederlund SPCO-03	3:23.44	B Cederlund SPCO-02	9:23.49	B Cederlund SPCO-02	19:00.68	B Cederlund SPCO-03	34:39.16	B Cederlund FACT-04					
85-89	58.20	N O'Connell SPCO-02	2:10.98	N O'Connell SPCO-02	4:43.27	N O'Connell SPCO-02	12:38.91	Kay Schimpf FMM-03	26:19.94	Kay Schimpf FMM-03	44:38.55	Kay Schimpf FMM-03					
90-94																	
95-99																	
50 BACK			100 BACK			200 BACK			50 BREAST			100 BREAST			200 BREAST		
19-24	28.89	Sudi Miller HLJ-91	1:01.74	Mary Wayte HLJ-90	2:15.05	Dawn Braciak SPM-87	33.13	Sudi Miller HLJ-91	1:09.75	Sudi Miller HLJ-91	2:35.85	A Pagon SPCO-00					
25-29	28.30	Michelle Falls 83	58.95	Tanya Lane SPM-98	2:04.69	Tanya Lane SPM-98	31.69	Danice Eaton SPM-98	1:09.43	Danice Eaton SPM-98	2:25.35	Tanya Lane SPM-98					
30-34	28.88	V Richardson IRCC-97	1:02.95	V Richardson IRCC-97	2:13.72	V Richardson IRCC-97	29.84	R Seaman ORLM-89	1:05.05	R Seaman HLJ-88	2:33.45	Maud Orlando DSMC-96					
35-39	29.08	C Shonkwiler ORLM-97	1:04.39	C Petersen SPM-02	2:14.51	C Petersen SPM-02	32.05	L Dissington SWIM-03	1:09.87	R Seaman ORLM-95	2:33.16	Beverly Lense ORLM-01					
40-44	30.14	C Shonkwiler ORLM-02	1:06.27	C Shonkwiler ORLM-02	2:25.69	J Stefanick SPM-92	32.36	R Seaman ORLM-98	1:11.37	R Seaman ORLM-98	2:38.69	J Siragusa HLJ-03					
45-49	31.31	S Halfacre GSC-02	1:08.88	D Doyle-Valkery SWIM-04	2:37.12	P McDonnell IRCC-01	35.39	Deb Walker SWIM-97	1:16.53	E Bromwich SPM-89	2:47.43	Deb Walker SWIM-98					
50-54	30.62	S Halfacre GSC-02	1:07.18	S Halfacre GSC-02	2:37.48	Deb Walker SWIM-02	35.16	Deb Walker SWIM-03	1:16.13	Deb Walker SWIM-03	2:45.07	Deb Walker SWIM-03					
55-59	37.31	Chris Gilligan SWIM-02	1:19.56	Lynn Cartee SWIM-03	2:53.13	Lynn Cartee SWIM-03	38.86	E Bromwich SPM-98	1:21.90	E Bromwich SPM-98	2:55.47	E Bromwich SPM-98					
60-64	39.88	Jayne Lambke SPM-00	1:29.92	Patricia Bond FMM-02	3:10.35	Patricia Bond FMM-02	38.93	E Bromwich SPM-04	1:25.03	E Bromwich SPM-03	3:05.96	E Bromwich SPM-04					
65-69	41.34	B Cederlund SPCO-90	1:28.53	Patricia Bond FMM-03	3:07.31	Patricia Bond FMM-03	41.75	Sylvia Eisele SWIM-95	1:34.39	Sylvia Eisele SWIM-95	3:26.39	Sylvia Eisele SWIM-96					
70-74	41.79	B Cederlund SPCO-96	1:35.78	B Cederlund SPCO-92	3:35.76	B Cederlund SPCO-94	43.22	Sylvia Eisele SWIM-00	1:38.32	Sylvia Eisele SWIM-00	3:32.03	Sylvia Eisele SWIM-00					
75-79	42.92	B Cederlund SPCO-97	1:39.04	B Cederlund SPCO-01	3:29.83	Regan Kenner FMM-99	48.53	Gertrud Zint HLJ-93	1:49.55	Gertrud Zint HLJ-93	3:59.23	Regan Kenner FMM-99					
80-84	43.81	B Cederlund SPCO-02	1:39.35	B Cederlund SPCO-02	3:41.49	B Cederlund SPCO-02	59.02	Helmi Meise BSAM-93	2:13.36	Regan Kenner FMM-04	4:40.15	Regan Kenner FMM-04					
85-89	1:05.55	Gertrud Zint FMM-03	2:28.29	Gertrud Zint FMM-03	5:09.32	Gertrud Zint FMM-03	1:01.66	Gertrud Zint FMM-03	2:31.39	Gertrud Zint FMM-03	5:29.80	Gertrud Zint FMM-03					
90-94			3:29.20	M McKechnie SPM-95													
95-99																	
50 FLY			100 FLY			200 FLY			100 IM			200 IM			400 IM		
19-24	26.59	Sudi Miller HLJ-91	57.39	Sudi Miller HLJ-91	2:22.20	Meg Bell SPM-86	59.21	Sudi Miller HLJ-91	2:08.74	Sudi Miller HLJ-91	4:45.59	A Pagon SPCO-99					
25-29	26.47	R Seaman HLJ-86	57.92	R Seaman HLJ-86	2:06.50	L Welting FAM-91	1:00.34	Tanya Lane SPM-98	2:09.13	Tanya Lane SPM-98	4:42.75	L Welting FAM-91					
30-34	25.62	R Seaman ORLM-89	55.68	R Seaman ORLM-89	2:14.76	Karen Becker CVST-02	58.78	R Seaman ORLM-89	2:14.57	V Richardson IRCC-97	4:50.39	Linda Visser ORLM-01					
35-39	26.99	R Seaman ORLM-95	56.90	S Halfacre HLJ-89	2:19.07	Karen Becker TBAC-03	1:00.22	S Halfacre HLJ-88	2:13.65	C Petersen SPM-02	4:47.41	S Halfacre HLJ-88					
40-44	27.67	R Seaman ORLM-98	1:01.62	R Seaman ORLM-98	2:37.84	J Stefanick SPM-92	1:04.30	Martha Martin ORLM-89	2:23.58	R Seaman ORLM-98	5:25.13	J Stefanick SPM-92					
45-49	28.85	C-Ann Hudson FACT-04	1:04.86	C-Ann Hudson FACT-04	2:40.06	C-Ann Hudson FACT-04	1:08.04	S Halfacre GSC-02	2:36.35	P McDonnell IRCC-01	5:29.52	Jo Harrelson SPM-02					
50-54	29.29	S Halfacre GSC-02	1:16.18	Jayne Lambke SPM-90	3:01.95	E Bromwich SPM-95	1:12.35	Deb Walker SWIM-03	2:46.98	Lynn Cartee SWIM-99	6:00.68	E Bromwich SPM-93					
55-59	33.94	Jayne Lambke SPM-95	1:19.67	Jayne Lambke SPM-95	3:08.00	Jayne Lambke SPM-95	1:19.07	S Buckingham SWIM-03	2:55.57	S Buckingham SWIM-03	6:07.40	E Bromwich SPM-98					
60-64	35.35	Jayne Lambke SPM-00	1:25.59	Jayne Lambke SPM-00	3:31.67	Sylvia Eisele SWIM-91	1:23.36	Jayne Lambke SPM-00	3:08.63	Jayne Lambke SPM-00	6:44.53	Jayne Lambke SPM-00					
65-69	35.56	Florence Carr HLJ-93	1:36.85	Florence Carr HLJ-91	3:38.17	Sylvia Eisele SWIM-97	1:27.67	Florence Carr HLJ-91	3:12.65	Florence Carr SPM-94	7:07.78	Florence Carr HLJ-93					
70-74	40.85	Florence Carr SPM-97	1:39.75	Jean Troy FMM-00	3:41.99	Sylvia Eisele SWIM-00	1:29.37	Florence Carr SPM-95	3:23.52	Florence Carr SPM-97	7:32.16	Sylvia Eisele SWIM-00					
75-79	43.24	Florence Carr FMM-02	1:48.66	Gertrud Zint HLJ-94	4:10.07	Gertrud Zint HLJ-94	1:34.37	Florence Carr FMM-02	3:36.23	Jean Troy FMM-03	7:49.67	Jean Troy FMM-03					
80-84	58.43	June Reynolds FMM-03	2:18.64	Kay Schimpf SPM-98	5:10.35	June Reynolds FMM-02	2:01.48	June Reynolds FMM-02	4:34.03	June Reynolds FMM-02	9:46.26	June Reynolds FMM-04					
85-89	1:24.33	Gertrud Zint FMM-03	2:24.92	Gertrud Zint FMM-03	13:17.96	Sally Scott HLJ-96	2:24.92	Gertrud Zint FMM-03	5:37.49	Gertrud Zint FMM-03	12:18.83	Gertrud Zint FMM-03					
90-94																	
95-99																	

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

FLORIDA LMSC RECORDS

Short Course Yards (As of 5/31/04)

M E N

		50 FREE		100 FREE		200 FREE		500 FREE		1000 FREE		1650 FREE						
19-24	21.35	N-Kuan Chia	BRAT-00	47.57	C Stevenson	FAST-88	1:44.36	C Stevenson	FAST-88	4:42.10	C Stevenson	FAST-89	10:45.96	Ryan Woodruff	GSC-01	17:10.44	A Constantini	TEAM-93
25-29	20.69	Coy Cobb	FHA-91	46.69	Doug Soltis	TBR-88	1:41.67	Jeff Poppell	JAM-94	4:39.30	Jeff Poppell	JAM-94	10:00.10	T Smith	HLJ-87	16:16.92	Jeff Poppell	JAM-94
30-34	21.49	C M Halfast	SPM-98	47.18	Stuart Barton	SPM-98	1:45.46	Meisenheimer	ORLM-91	4:49.01	Chris Williams	FLA-92	10:00.46	Chris Williams	FLA-92	16:54.23	A Farrell	ORLM-01
35-39	21.66	Stepan Oliva	WIN-03	47.69	Stepan Oliva	WIN-03	1:45.79	Doug Schlak	FLA-92	4:54.57	Meisenheimer	ORLM-94	10:41.27	Meisenheimer	ORLM-93	16:49.26	Rich DeSelm	HLJ-92
40-44	22.31	C Miltenberger	ORLM-94	48.86	C Miltenberger	ORLM-94	1:48.61	Jeff Perout	HLJ-91	4:48.92	Wm Specht	SPM-02	10:49.58	Larry Black	SWIM-00	18:09.83	Paul Wise	JAM-96
45-49	21.86	S Albritton	SPM-04	48.92	R Abrahams	HLJ-91	1:51.45	Jeff Perout	GSC-02	4:55.58	Wm Specht	SPM-04	10:25.96	Wm Hempel	SPM-03	17:02.64	Mark Drennen	FACT-04
50-54	23.16	Jeff Perout	GSC-03	50.68	Jeff Perout	GSC-03	1:52.08	Jeff Perout	GSC-03	5:14.22	Rick Walker	SWIM-01	10:45.85	Rick Walker	SWIM-01	18:06.88	Rick Walker	SWIM-01
55-59	24.09	Thomas Peek	CFM-04	53.29	G Woodsum	FACT-04	2:01.37	G Woodsum	FACT-04	5:32.17	Burwell Jones	HLJ-88	11:26.99	Burwell Jones	HLJ-90	19:02.45	Burwell Jones	HLJ-88
60-64	26.49	Jack Beattie	ORLM-96	58.50	G Hopkins	FMM-04	2:08.54	G Hopkins	FMM-03	5:52.94	G Hopkins	FMM-04	12:11.97	G Hopkins	FMM-03	21:26.35	G Hopkins	FMM-04
65-69	26.83	Dren Geer	SWIM-99	59.08	Dren Geer	SWIM-99	2:14.07	Dren Geer	SWIM-99	6:01.34	Burwell Jones	SWIM-03	13:57.86	James Zurcher	FACT-04	23:26.26	B Hutchinson	SWIM-99
70-74	28.18	Paul Hutinger	SPM-96	1:03.30	Dren Geer	FACT-04	2:12.83	Burwell Jones	SWIM-03	5:59.81	Burwell Jones	SWIM-03	12:50.38	Burwell Jones	SWIM-03	20:34.19	Burwell Jones	SWIM-03
75-79	29.08	Paul Hutinger	FMM-00	1:13.93	Thomas Smith	SPM-03	2:47.76	Robert Blake	FMM-03	7:56.53	Paul Hutinger	FMM-00	17:17.69	Thomas Smith	SPM-03	27:36.85	Paul Hutinger	FMM-01
80-84	33.82	Rogers Holmes	HLJ-03	1:23.73	B Cleaveland	FMM-02	3:12.98	B Cleaveland	ORLM-98	9:57.55	William Molloy	SPM-91	20:16.66	J Johnston	SPM-96	33:32.30	J Johnston	SPM-96
85-89	37.16	B Cleaveland	FMM-03	1:30.38	B Cleaveland	FMM-03	3:35.73	B Cleaveland	FMM-04	10.46.05	Fred Walbolt	SPM-98	22:00.26	D Malbrough	FMM-99	37:03.22	D Malbrough	FMM-99
90-94	52.75	Peter Jurczyk	IRCC-96	2:15.10	Peter Jurczyk	IRCC-97	5:00.07	Peter Jurczyk	IRCC-97									
95-99																		
		50 BACK		100 BACK		200 BACK		50 BREAST		100 BREAST		200 BREAST						
19-24	24.37	C Stevenson	FAST-88	53.24	James Smith	UNA-94	1:58.19	N-Kuan Chia	BRAT-99	28.38	Doug Soltis	TBR-87	1:00.26	Marc LaPalme	HLJ-89	2:16.04	Marc LaPalme	HLJ-89
25-29	23.56	Coy Cobb	FHA-91	51.00	Coy Cobb	FHA-91	1:54.57	S Bamicoat	ORLM-89	26.18	Doug Soltis	TBR-88	56.94	Doug Soltis	TBR-88	2:03.69	Doug Soltis	TBR-88
30-34	23.18	Martin Zubero	ORLM-02	52.00	Martin Zubero	UNA-03	1:48.64	Martin Zubero	ORLM-02	26.71	Miltenberger	NFM-83	59.44	Miltenberger	NFM-82	2:12.05	Michael Drews	SMS-88
35-39	24.16	Wm Specht	SPM-93	51.96	Wm Specht	SPM-93	1:53.46	Wm Specht	SPM-93	27.05	Miltenberger	ORLM-87	59.11	Miltenberger	ORLM-87	2:10.90	Michael Drews	SMS-89
40-44	24.57	Wm Specht	SPM-98	52.76	Wm Specht	SPM-98	1:54.01	Wm Specht	SPM-98	27.45	Miltenberger	ORLM-92	59.40	Miltenberger	ORLM-93	2:15.88	Miltenberger	ORLM-94
45-49	25.63	Casey Claffin	SWIM-00	54.24	Wm Specht	SPM-03	1:59.30	Wm Specht	SPM-03	29.34	Miltenberger	ORLM-98	1:02.48	Miltenberger	ORLM-99	2:19.79	Mark Drennen	FACT-04
50-54	27.32	John Smith	HLJ-91	58.27	Jeff Perout	GSC-04	2:08.59	Jeff Perout	GSC-03	29.09	Miltenberger	ORLM-02	1:02.51	Miltenberger	ORLM-02	2:29.30	John McCall	FACT-04
55-59	29.38	Jack Beattie	HLJ-91	1:04.60	Jack Beattie	HLJ-90	2:20.58	Burwell Jones	SSC-88	30.64	Scott Guthrie	UNA-00	1:08.73	Scott Guthrie	UNA-00	2:40.48	Van Der Veen	SPM-00
60-64	30.43	Jack Beattie	ORLM-95	1:05.59	Jack Beattie	ORLM-95	2:27.41	Jerry Glancy	ORLM-98	33.78	D Puchalski	CATM-02	1:14.27	D Puchalski	CATM-02	2:49.76	D Puchalski	CATM-02
65-69	29.77	John Smith	FACT-04	1:05.03	John Smith	FACT-04	2:29.38	Burwell Jones	SWIM-03	36.03	T Koenig	OMSC-98	1:19.01	R MacDonald	SPM-95	2:56.44	R MacDonald	SPM-95
70-74	31.84	Paul Hutinger	SPM-95	1:07.88	Burwell Jones	SWIM-03	2:28.11	Burwell Jones	SWIM-03	37.01	R MacDonald	FMM-99	1:22.45	R MacDonald	FMM-99	3:03.62	R MacDonald	FMM-99
75-79	33.76	Paul Hutinger	FMM-00	1:16.94	Paul Hutinger	FMM-00	2:50.47	Paul Hutinger	FMM-00	38.82	R MacDonald	FMM-04	1:28.90	R MacDonald	FMM-04	3:14.66	R MacDonald	FMM-04
80-84	42.67	Rogers Holmes	HLJ-03	1:38.98	Rogers Holmes	HLJ-03	3:57.50	C Thornburg	HLJ-94	44.82	B Cleaveland	ORLM-97	1:43.26	B Cleaveland	ORLM-98	4:02.31	B Cleaveland	ORLM-98
85-89	46.69	D Malbrough	FMM-98	1:46.68	D Malbrough	FMM-98	4:20.18	D Malbrough	FMM-99	48.04	B Cleaveland	FMM-04	1:59.13	B Cleaveland	FMM-03	4:43.07	B Cleaveland	FMM-03
90-94	1:01.71	Peter Jurczyk	IRCC-97	2:17.30	Peter Jurczyk	IRCC-96	5:00.74	Peter Jurczyk	IRCC-96	1:20.11	Frank Starr	FMM-00	3:20.59	Frank Starr	FMM-00			
95-99																		
		50 FLY		100 FLY		200 FLY		100 IM		200 IM		400 IM						
19-24	23.36	C Stevenson	FAST-89	50.79	N-Kuan Chia	BRAT-99	1:53.38	C Stevenson	FAST-89	55.62	Chris McKee	ORLM-02	1:59.91	J Thomas	SWIM-95	4:26.56	S Kupiszewski	85
25-29	22.27	Coy Cobb	FHA-91	51.13	C Stevenson	HLJ-92	1:52.20	C Stevenson	FAM-91	52.32	Coy Cobb	FHA-91	1:55.99	Jeff Poppell	JAM-94	4:18.67	E Christensen	OVMS-02
30-34	23.06	Martin Zubero	UNA-03	51.06	Wm Specht	SPM-91	1:54.32	Wm Specht	SPM-91	51.43	Martin Zubero	ORLM-02	1:55.80	Neil Harper	SPM-95	4:17.58	Michael Drews	SMS-88
35-39	22.93	Wm Specht	SPM-93	50.08	Wm Specht	SPM-95	1:51.38	Wm Specht	SPM-95	54.22	Michael Drews	SMS-91	1:57.44	Michael Drews	SMS-91	4:17.23	Michael Drews	SMS-89
40-44	23.28	Wm Specht	SPM-98	50.56	Wm Specht	SPM-00	1:51.69	Wm Specht	SPM-00	56.20	M Shepardson	ORLM-02	2:03.47	M Shepardson	ORLM-02	4:28.12	Wm Specht	SPM-03
45-49	23.48	Wm Specht	SPM-03	51.54	Wm Specht	SPM-04	1:52.67	Wm Specht	SPM-03	56.76	David Zubero	UNA-04	2:08.46	Mark Drennen	FACT-04	4:29.88	Mark Drennen	FACT-04
50-54	25.01	John McCall	ORLM-03	54.40	John McCall	FACT-04	2:10.39	John McCall	FACT-04	59.83	Jeff Perout	GSC-03	2:11.70	John McCall	ORLM-03	4:39.90	John McCall	ORLM-03
55-59	26.78	Thomas Peek	CFM-04	1:02.62	Thomas Peek	CFM-04	2:31.84	K McWherter	SWIM-01	1:03.11	Burwell Jones	SSC-88	2:17.88	Burwell Jones	SSC-88	5:03.72	Burwell Jones	SSC-88
60-64	29.59	D Pulchalski	CATM-02	1:11.41	C Iselin	FACT-04	2:51.25	C Iselin	FACT-04	1:08.26	Burwell Jones	HLJ-97	2:30.26	Jack Beattie	ORLM-95	5:45.33	D Pulchalski	CATM-02
65-69	29.11	John Smith	FACT-04	1:10.97	Burwell Jones	SWIM-03	2:51.23	Dren Geer	SWIM-99	1:08.65	John Smith	FACT-04	2:34.96	Burwell Jones	SWIM-03	5:42.67	Burwell Jones	SWIM-03
70-74	31.51	Paul Hutinger	SPM-95	1:17.07	Dren Geer	FACT-04	3:05.70	Dren Geer	FACT-04	1:08.14	Burwell Jones	SWIM-03	2:32.54	Burwell Jones	SWIM-03	5:34.47	Burwell Jones	SWIM-03
75-79	33.84	Paul Hutinger	FMM-00	1:33.53	J Kurtzman	FMM-01	3:44.65	J Kurtzman	FMM-01	1:19.84	Paul Hutinger	FMM-00	3:06.88	R MacDonald	FMM-04	7:13.59	Paul Hutinger	FMM-01
80-84	43.27	Rogers Holmes	HLJ-03	1:47.17	Wm Grant	HLJ-94	4:35.21	Bill Stinson	SPM-89	1:38.60	Wm Grant	HLJ-94	4:07.09	D McCullough	ORLM-98	9:00.55	C Thornberg	HLJ-93
85-89	1:07.20	D McCullough	FMM-01	3:09.60	D McCullough	FMM-02	6:23.89	D McCullough	FMM-02	2:07.89	B Cleaveland	FMM-04	5:21.38	D McCullough	FMM-01	11:07.43	D McCullough	FMM-01
90-94	1:35.70	Peter Jurczyk	IRCC-96							2:37.44	Peter Jurczyk	IRCC-96	6:05.72	Peter Jurczyk	IRCC-96			
95-99																		

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

FLORIDA LMSC RELAY RECORDS

Short Course Yards (As of 5/31/04)

	200 FREE-WOMEN	200 MEDLEY-WOMEN	400 FREE-WOMEN	400 MEDLEY-WOMEN	800 FREE-WOMEN
19+	1:38.68 Beattie, Roebuck, Nearby, Miller HLJ-92	1:59.11 Trompke, Alger Williamsen, Petersen SPM-03	5:10.87 Turner, McDonnell Powers, Amman IRCC-01	5:48.38 Amman, Gaines Kelsey, Chandler IRCC-01	9:09.41 Swanson, Flanagan Beebe, Petersen SPM-01
25+	1:41.77 Keller, Seaman Cretin, Martin ORLM-91	1:54.27 Keller, Seaman Cretin, Martin ORLM-91	4:23.83 Morse, Williams Grubbs, Sadler BRAT-96	6:25.45 Gerard, Sterling Schwab, Butcher DBMS-03	9:25.32 Bigge, Harrelson Swanson, Summers SPM-97
35+	1:46.81 Harper, Halfacre Matson, White HLJ-89	1:58.55 Tibma, Orlando, Shonkwiler, Nauta SPM-98	4:52.26 Lambke, Barker Voorst, Geiger SPM-91	4:54.38 Flanagan, Orlando, Stott, Tibma SPM-99	8:54.93 Tibma, Flanagan, Orlando, Nauta SPM-98
45+	2:08.39 Lambke, Bromwich, Treat, Page SPM-94	2:24.10 St Germain, Page, Treat, VanEvery SPM-95	5:41.70 Hoier, Franson Kinley, Kelsey IRCC-01	5:53.47 Bromwich, Piper, Lambke, Steer SPM-95	12:23.32 Brownstein, Simsic Steer, Bromwich SPM-93
55+	2:19.56 Lambke, VanEvery Steer, Carr SPM-96	2:44.34 Allen, Steer, Lambke, Carr SPM-98	5:39.94 Bromwich, Steer Piper, Lambke SPM-00	6:18.50 Bromwich, Piper Lambke, Steer SPM-00	12:10.27 Knight-Perry, Lee, Steer, Lambke SPM-97
65+	2:28.50 Bond, M Homans Carr, Tullman FMM-03	2:57.46 Bond, Prokopi Tullman, M Homans FMM-03			
75+	3:37.40 McKechnie, Cichanski Kennedy, Schimpf SPM-93	4:12.53 Hughes, Zint Olsen, Reynolds FMM-02		10:03.90 McKechnie, Kennedy, Cichanski, Schimpf SPM-94	19:16.91 McKechnie, Kennedy, Cichanski, Schimpf SPM-94
85+					
	200 FREE-MEN	200 MEDLEY-MEN	400 FREE-MEN	400 MEDLEY-MEN	800 FREE-MEN
19+	1:31.92 Mina, Allen, Stelle, Walker JAM-95	1:42.95 Guyot, Hoffman, Barton, Eaton SPM-97			
25+	1:25.57 Eaton, Barton, Specht, Halfast SPM-98	1:37.69 Specht, Eaton, Barton, Halfast SPM-98			
35+	1:27.08 Martin, Stein Perout, Abrahams HLJ-91	1:44.39 Stout, Galloway Collins, Halfast SPM-03	4:32.27 Turner, Marcy Bell, Delgado SPCO-01	4:17.47 Atkins, V Der Veen Halttunen, Maguire SPM-92	9:50.45 Eaddy, Kennedy Day, Euler SPM-01
45+	1:33.11 Frazier, Kennedy Hempel, Albritton SPM-03	1:45.14 Claflin, Walker McCormack, Hefner SWIM-02	4:27.68 Betzer, Day Eaddy, Davis SPM-00	4:49.86 Betzer, Burns, Grau, Bishop SPM-91	8:41.63 Stephens, Bastie, Auer, Kennedy SPM-97
55+	1:50.87 Cunney, MacDonald, Cousens, Thomas SMS-84	2:01.02 Beattie, Koenig Mahaffy, Sears HLJ-91	4:22.40 Burns, Kohnken DeGroot, Smith SPM-91	6:01.41 Ferris, Brainin Kohnken, DeGroot SPM-91	10:45.99 Ferris, Kohnken DeGroot, Burns SPM-91
65+	1:58.00 MacDonald, Ferris, Smith, Hutinger SPM-96	2:16.03 Hutinger, Smith, Maloney, Ferris SPM-96	5:42.84 Jacobsen, Atwood Molvie, Johnston SPM-91	5:03.76 Hutinger, MacDonald Torsney, Smith SPM-96	11:49.02 Maloney, Hutinger, Kurtzman, MDonald FMM-97
75+	2:26.82 Grant, Mackey Tillotson, Dunworth HLJ-91	2:50.76 Mackey, Tillotson Grant, Dunworth HLJ-91	6:02.78 Johnston, Tillotson, Hotvedt, Molloy SPM-91	6:55.93 Tillotson, Molloy, Johnston, Hotvedt SPM-92	13:46.24 Malloy, Tillotson, Hotvedt, Walbolt SPM-90
85+	3:49.58 Malbrough, Starr Tillotson, Holden FMM-00	4:54.41 Malbrough, Starr Tillotson, Holden FMM-00			
	200 FREE-MIXED	200 MEDLEY-MIXED	400 FREE-MIXED	400 MEDLEY-MIXED	800 FREE-MIXED
19+	1:31.65 Miller, Smith Wayte, Abrahams HLJ-91	1:43.03 Wayte, LaPalme Miller, Abrahams HLJ-91	3:45.10 O'Brien, Petersen Williamsen, Galloway SPM-03	4:04.95 Constantini, Sollee Wise, Wise TEAM-93	
25+	1:34.83 A Eaton, D Eaton, Nauta, Halfast SPM-98	1:42.69 Lane, D Eaton, Barton, A Eaton SPM-98	4:07.36 Pruitt, Forkois Flanagan, Peter SPM-04	4:59.70 Phillips, Schutzmeister Karouani, Collins OVMS-03	9:00.28 Haltunen, M Lambke Stauch, Reilly SPM-91
35+	1:37.01 Perout, Harper Halfacre, Martin HLJ-91	1:46.82 Buresh, Orlando, Specht, Shonkwiler SPM-98	4:10.03 Burke, Orlando Davis, Conolly SPM-03	5:33.40 Betzer, J Piper, Lambke, Lado SPM-99	10:03.62 Barker, Betzer Grau, Lambke SPM-91
45+	1:49.91 Page, Bromwich, Maguire, Edwards SPM-95	1:57.68 K Dawson, Drennen Hudson, Woodson FACT-04	4:50.92 Grau, J Piper Lambke, Betzer SPM-91	5:06.50 Betzer, Bromwich Lambke, Bishop SPM-91	
55+	2:02.43 Redic, Buckingham Gilligan, Soderstrom SWIM-02	2:18.23 Betzer, V Der Veen Lambke, Bromwich SPM-00	5:24.09 Ferris, Tucker, Knight-Perry, Burns SPM-92	5:34.52 Allen, Tucker, Burns, Ferris SPM-92	11:45.66 Tucker, Allen Kohken, Burns SPM-91
65+	2:22.23 Avery, Reynolds, Holmes, Carr HLJ-93	2:31.60 P Hutinger, Smith, McEwan, Carr SPM-96	6:49.72 Cederlund, Sinacore Thomas, Sigersmith SPCO-01	7:30.89 Cederlund, Robecki Thomas, Sinacore SPCO-01	
75+	2:35.78 Kenner, P Hutinger Carr, Cleaveland FMM-01	3:27.14 Cichanski, Schimpf, Johnston, Hotvedt SPM-93			16:04.30 Mitchell, C Ballard W Kennedy, Walbolt SPM-89
85+	4:22.87 Tillotson, Schimpf Zint, Cleaveland FMM-04	4:54.53 Tillotson, Cleaveland Zint, Schimpf FMM-04			

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

News from Around the LMSC

Denis Crean Tops Competitive Field at the 24-Mile Tampa Bay Marathon Swim

CLEARWATER, FL-- Denis Crean made a late charge to win a closely contested Seventh Annual 24 Mile Tampa Bay Marathon Swim. Rough seas and an unseasonably cool 68F degree water temperature proved to be extremely challenging for the 13 solo swimmers and 13 relay teams that entered the event. Crean, 43, from Washington D.C., competing in his first race over 4 miles, was able to beat out a seasoned field of open water swimmers. Six other solo swimmers finished the gruelling 24 mile swim less than an hour behind the champion. Denis Crean's official time was 9 hours, 20 minutes, 15 seconds.

The women were led by Nancy Steadman Martin, 49, of

Oceanport, New Jersey. Her time of 10 hours, 6 minutes was registered after a close duel that lasted most of the day with Michelle Davidson.

Southern Californians Bill Ireland, 44, Forrest Nelson, 38, and Craig Taylor, 51, set a new record for completing the course as a three-person relay team with a time of 8 hours, 14 minutes.

Results - Solo Men

9:20.15 Denis Crean
 9:28.22 Marcos Diaz
 9:32.39 Richard Flambard
 9:40.00 Dave Parcels
 10:05.50 Gilles Chalandon
 12:15.22 Joe Wolf
 DNF Kevin Flynn,
 Joseph Van Horn, Hal Clarendon,

Results - Solo Women

10:06.44 Nancy Steadman Martin
 10:30.16 Michelle Davidson
 DNF Laura Colette,
 Rose Rice Fields

Results - Relays

8:14.33 So. Cal. Kao lele

8:54.00 Rip Tide:

Another strong performance for the 2-man relay champions. Relay members: Brian Rimel, 37, and Tim Kennedy, 47, of St. Petersburg, Florida and the *St. Petersburg Master Swim team*. Official Placement: 1st Place, 2 Man Relay.

9:46.19 All Action, No Motion

9:58.01 #9 Relay Team 9:52.22 Tampa Bay Aquatic Club: 5th consecutive success for *TBAC*. Relay members Joe Solak, 39, Clara Reynolds, 34, and Tom Rawls, 36 from Tampa, Florida. Official Placement: 1st Place, 3 Person Mixed Relay.

10:23.53 Brighton Beach Memoirs

10:30.15 The Eulers Father/son team completes the swim in the first relay of its kind. Relay members: Dr. Herbert Euler, 36, and Dr. Konrad Euler, 68, of St. Petersburg,

Florida swimming for the *St. Petersburg Swim Team*. Official Placement: 2nd Place, 2 Man Relay. 12:26.07 **Jersey Long Distance Swim Club** 13:04.29 TRI **Swimming** DNF **A Beauty and 3 Beasts** (withdrew at the Howard Franklin Bridge due to the change in the tide. Relay members: John Cox, 69, Robert Beach, 73, David McCord, 55, Pam Geiger, 51 from the *St. Petersburg Masters Swim Team*), **Joe's Groupers** (swimming for the *O*H*I*O Masters Swim Team*), **Shoals Sharks, Tampa Tarpons.**

The Tampa Bay Marathon Swim is presented by Ron Collins, a FL LMSC swimmer for SPM.

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.



FACT is ready for "second" nationals

With Savannah coming up quickly, we have been enthusiastically working on coordinating our team for a good initial showing at a relatively "local" National meet. The Long Course Nationals will be held August 12-15 at the Chatham County Aquatic Center in Savannah, Georgia. We will probably experience some growing pains with our first large endeavor - please be patient. Our "beginning" at Indianapolis was small but successful - participants who enjoyed being part of their first relay team and having a representation for the state of Florida larger than any other team from the Sunshine State. Coming up next May will be the Short Course Nationals in Ft Lauderdale!

FACT Hospitality Suite at August's LC Nationals
Joe Biondi and his wife Jamie

have offered to host our hospitality room in their suite at the Master Inn Suites, 7110 Hodgson Memorial Drive, phone (912) 354-8560. We will be there from 5-10 PM on Thursday, August 12. Our plans include providing camaraderie, introductions, wine, beer, soda and water, and finalizing plans for relays and meeting members of your particular relay teams. We'd like to ask people to bring along some "loaves and fishes" snacks to offer among us. Scott Rabalais tells me there is a Wal-Mart close by. The liquid refreshment will be on a donation basis.

FACT suits, caps and gear
Victor Buehler of the 300 Club chapter has been working diligently with some of us to get a logo in place and arrange with Agon for an opportunity to order suits in many different styles with our FACT Logo printed on them. Our web page (www.floridalmsc.org/FACT.html) now has all the information on ordering suits, and note the time required - we'll have to get busy on the orders, which can be done individually. Victor brought some caps to the St Pete meet - if nothing else, it will be great to have caps with our logo for Nationals.

Let the relays begin

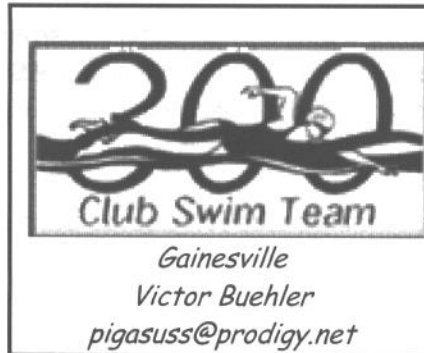
The June Sarasota T-shirt meet was run without chapter designations since it was not a team effort meet. We had some good relays, and it was fun to meet others from our combined team. The 800 relays gave us ample time to get acquainted while the relays were in progress.

Relays at Savannah: Interest has been encouraging and with the help of our super webmaster, Dick Brewer, we have a form available to send to me by July 30 expressing your interest in being on a FACT relay at Long Course Nationals. If any of you have particular nostalgic relays with your friends, don't hesitate to let us know -- we want this to be a group that enjoys each other as well as having a chance to meet new friends. Don Puchalski, our relay coordinator, is off being a snowbird for the summer and I have volunteered to fill in. He will be at the meet in Savannah to help us out.

Are you part of FACT and you don't know it?

Attention FACT chapter registrars: only those swimmers whose club fee has been received by the FACT registrar/treasurer are included on the FACT roster on our web page (www.floridalmsc.org/FACT.html). Please cross

check with your records to be sure that all your swimmers are listed.



Victor Buehler was featured in an article in the Gainesville Magazine. You can view the article online at www.gainesvillemagazine.com; along the right hand column click on the title "feeling good" for the surprise. Or, you can read it below:

**Staying cool, keeping fit
LET THE POOL BE YOUR
GYM AS YOU BEAT THE
HEAT AND BETTER
YOUR BODY**
by Julie Garrett



VSWIMMING
ictor Buehler swims daily at the 300 Club and participates in the club's Masters swim program.

U.S. Masters Swimming is a national organization of more than 43,000 members that provides organized workouts, competitions, clinics and workshops for adults ages 18 and up.

"You can be 100 years old, and if you're still moving and swimming, then you're a Master," jokes Buehler, 49, a mental health counselor at North Florida Evaluation and Treatment Center, who lives in Reddick. "Ninety percent of all master swimmers do not swim competitively."

But the program sponsors events you can do at your home pool and then mail in your results. Many swimmers pursue motivation through virtual swims and the fitness programs provided by U.S. Masters and local clubs. "Local clubs are the number one motivator," he says.

Buehler grew up on a lake in upstate New York and never had formal swimming training. But for the past five years, he's been swimming competitively after improving his swimming skills through the 300 Club's Masters program.

"If you want to get in shape and improve your stroke, join

Upcoming Florida LSMC Elections

You may already be aware that the FL LMSC's Board of Directors positions are held for only two years. This year is an election year. We will hold the elections during the annual **LMSC** meeting on Saturday at the **Orlando SCM meet, October 8-10**. Nominations for positions will also be taken from the floor at the annual meeting.

Below you will find a listing of the proposed candidates for elected positions and the appointed LMSC positions.

Elected Positions	Candidate(s)	Notes
President	Tom Bliss	currently President, running for re-election
Treasurer	Meegan Wilson	currently Treasurer, running for re-election
Secretary	Victor Buehler	currently Secretary, running for re-election
Registrar	Pat Tullman	currently Registrar, running for re-election
Sanctions	Sue Moucha, Charles Kohnken	Christine Swanson is not re-running
Records/Top 10	Margie Hutinger	currently Records/TT, running for re-election
Newsletter Editor	Gertie Perry	currently Editor, running for re-election
Appointed Positions after fall election)	Candidate(s)	Notes (position appointed by LMSC president
Coaches' Liaison	Brett Hamlin	currently Coaches' Liaison
Safety	Richard Avery	currently Safety
Senior Games Liaison	Joan Campbell	currently Senior Games Liaison
Webmaster	Dick Brewer	currently Webmaster
Fitness	Gertie Perry	this is a newly created position
Officials	not currently held	if interested, please contact Tom Bliss directly

Thank You,
The Election Committee

Jim Redic, committee member - jimredic@mindspring.com

Joan Campbell, committee member -- Jcampb10@tampabay.rr.com/phone

a Masters team," he says.

**BLUE WAVE MASTERS
SWIM TEAM**
*Brandon
Sue Moucha
JBMoucha@aol.com*

Dr. Jane Katz, member US Performance Synchronized Swimming Team Tokyo Olympics, 1964, and World Masters Swimming and Synchronize Swimming Champion conducted a Water Fitness, Strokes, and Synchronize Swimming Clinic at Brandon Swim & Tennis Club, July 1st.



Sue presenting an award to Dr. Katz.

Blue Wave Masters Swimmer Sue Moucha, who has known Dr. Katz since 1989, was responsible for the organization of the Clinic.

Approx. 55 participants

(some of who were Masters swimmers) braved the hot Florida sun. The heat of the day became secondary as the sound of the music helped to make learning the new skills the priority. Even those participants not in the water seemed to enjoy themselves.

The surrounding atmosphere was fun, fun, fun!

Dr. Katz began the session with a patriotic synchro demonstration which set the tone for the water activities.



Even the kickboards and noodles made their way into the pool. An encore closing synchro performance was followed by a local synchro club exhibition.

The participant's interest was as sharp out of the water as Dr. Katz was bombarded with questions and photo taking. An

awesome afternoon!


**DIANETICS SWIM
TEAM**
*Clearwater
Kitty Magness
kitty.magness@knology.com*

At the Sarasota Meet, Gertie Perry earned High Points and she loves her two Mystery Heat prizes as well.

Lennie Schneider swam in the Davis Island 1-mile race and took first in his age group!

In St. Pete, Gertie Perry posted a pb in the 400 Free. Well Done!

I took my Cadette Girl Scouts on an amazing camping trip to the Appalachian Trail which included white water rafting, hiking and a lot of outdoor living. We all had a great time!

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 LMSC, Inc. information, meet entries, a new article "Fun & Fitness", and the much-requested page numbers. ☺

Deadline for the November issue is October 7th. Please send news and/or pictures to gertraud_e_perry@yahoo.com



YMCA NATIONALS

Another successful YMCA Nationals with the Florida Mavericks, Indian River and Gold Coast joining forces for the West Broward YMCA! First place finishes included the Women's team in the Small Team Div. and the Men's team in the Large Team Div. Our combined efforts netted us a 2nd place among Large Teams. Mavericks contributing valuable points included Allen, Browne, Cleaveland, Criche, the Homans, the Hutingers, Kenner, MacDonald, E Don McCullough, Pitts, Tebbens, Troy, Tullman and Vaughn.

SCY NATIONALS-- INDIANAPOLIS, IN

Our dynamic duo, Florence Carr and James Christie, made the long trip up north. Carr brought home the gold in five events (50, 100 & 200 Free; 50 Breast and 100 IM). James

swam five events, and his top finish was 10th in the 200 Back.

INDIAN RIVER MEET

Mavericks traveling across the state to support the end of the season SCY meet included Doris Prokopi, William Ragan, Ruth Thompson, Charles Schlegel, Frank Tillotson and Rosie Vijil.

WORLD CHAMPIONSHIPS, RICCIONE, ITALY

Riccione is a beach resort town on the Adriatic Sea. It was a hustling, bustling city and was bulging at the seams with the addition of 6,000+ Masters swimmers, plus additional athletes competing in diving, synchronized swimming, open water and water polo. Public transportation was a must to get to the pools, and our ID cards provided the necessary fees. The venues were two 50m pools, one inside (finished in May) and one outside. Women and men alternated days under roof and in the sun and rain.

Except for one rainy morning, the sunny days were conducive to walking along the beach, strolling with the Italians in the evenings, eating gelata cones, climbing up to the castle in San Mareno -- the oldest



and smallest country -- and riding in a gondola in Venice.

Trading t-shirts and swim caps was international, and transcended the language barrier. Margie swapped with Italian, San Mareno, Brazil and German teams.



Paul Hutinger aged up to 80 and won his three backstroke events and set two US records (50 back--41.40, broke the US record of 42.49; 200 back--3:30.76, broke the US record of 3:31.36 and 100 back--1:35.78, narrowly missing the

US record of 1:35.36).

On June 4, he was among the inductees which were honored at the International Masters Swimming Hall of Fame celebration, at the Grand Hotel Des Bains, also in Riccione. Hutinger's formal induction occurred on January 10, 2004, in Ft. Lauderdale, FL.

Patricia Tullman, competed in the 65-69 age group, and won four medals: 6th--100 free--1:30.69; 8th--400 free--7:15.57; 9th--50 fly--47.67; 10th--800 free--14:51.08

After the meet, the Hutingers spent three days on a cruise ship touring the Aegean Sea, stopping at Mikonos, Kuschadasi, Turkey (awaiting our rug), Patmos, Crete and the volcanic island of Santorini, with villages built on the upper rim of the ancient crater. Two days in Athens included walking in the same paths as the ancients in the Acropolis and talking the reluctant bus driver into driving by the Olympic swimming pool, and other venues.

Yes, the Athenians are laid back. Their favorite expression, "Not to worry."



Spring and early summer have brought an increase in activities, which wasn't difficult since we didn't do very much other than training in the previous four months.

On May 29, Patrick White and Matt Seluk competed in the Florida Half Ironman in Orlando. White finished 33rd out of 115 competitors in his age group, and Seluk finished 36th. There were 1,962 competitors, including 42 professional triathletes. Both White and Seluk finished in the top 20% overall.

On June 5, Lisa Adams swam in the 1-mile open water competition in the Estero Island Open Water Festival in Fort Myers Beach, finishing first in her age group. Kathy Erickson spent that weekend and the ensuing Tuesday officiating from a boat for the 5K, 10K, and 25K USA-Swimming Open Water Championships that were also part of the Open Water Festival.

The next day, Jaime White, Matt Seluk, and Frank Feeny competed in the Naples sprint triathlon and Dick Brewer swam in the Fort Lauderdale Summer Series I Long Course Meet. Feeny competed in the final swimming leg of the corporate relay, overtaking the race leaders to enable his team to successfully defend its 2003 championship. Seluk finished first in the Male 25-29 individual category and 16th overall among 183 men, and White finished second in the female 25-29 individual category. At Fort Lauderdale, Brewer had a personal best in the 1500 free.

The following weekend, Brewer was in Sarasota for the SWIM Florida Masters T-shirt Meet where he recorded personal bests in the 200m and 400m free. Four days later, he and Mary Soucek swam the USMS 5K postal at Florida Gulf Coast University. Although results won't be tabulated until the fall, both are hoping for possible Top 10 times, which would they have achieved based on last year's results.

Three days later, on June 20, Patrick White competed in the Halfmax Triathlon/USAT Regional Championship near St. Louis, Missouri. He recorded a pb in the 1.2-mile swim and was 23rd out of the water out of 420 competitors overall,

including the pros. He finished seventh out of 31 in his age group for the entire half ironman (4th in the swim portion).

Finally, we rounded out the month of June with a send-off dinner for Patrick and Jaime White, who moved to Texas in July. In the fall, Patrick begins work on his M.B.A. at the University of Texas and Jaime continues her teaching career in Austin. The group's evening began with a one-hour workout at Florida Gulf Coast University and then moved down the road to Beef O'Brady's for dinner. Patrick and Jaime were each presented with the much coveted Merry Minnow Medal of Merit as the 2004 Outstanding Male and Female Triathletes.



Minnow Medal of Merit dinner (clockwise from left front): Kathy Erickson, Dave Erickson, Raul Rojas, Dan Ringma, Jaime White, Patrick White, Coral Ducato



Spring found SPM members busy with several open water swims and long course meets. In May, SPM and SPA jointly held the Hurricane Man swim again this year with a record number of entries - 378 swimmers in total with over 240 participating in the 2.4 mile swim. Several SPM'ers won their age groups: Rebecca Trompke, Peter Lehmann, Lisa Flanagan, Kim Stoddard, Russ Frazier, Storm Eddy, Gary Bastie, Joe Baker, Mary Lou Mitchell, and Jackie Yost in the 1000M races; and Farrah Hall, Zac Pruitt, Melissa Varlas, Charlotte Petersen, Byron Stout, Jo Ann Harrelson, Bill Specht, Pam Geiger, Pat Marzulli, Katie Knight-Perry, Konrad Euler, and Judge Bob Beach won their age groups in the 2.4 mile swim. As usual, the Hurricane

Seafood Restaurant graciously provided a delicious buffet breakfast for the voracious swimmer appetites - and cool t-shirts too!

The 24-mile Tampa Bay Marathon Swim was held in April and again had a strong group from SPM. "Rip Tide" consisting of Brian Rimel and Tim Kennedy finished in 8:54 hours, and "The Eulers" made up of Konrad and his son Herbert Euler finished in 10:30.15. "Beauty and Three Beasts" also participated in the grueling swim - Pam Geiger, John Cox, Bob Beach, and Dave McCord.

The Amelia Island Open Water Challenge in Fernandina Beach was the site of this year's USMS 5K OW National Championships.



The 8 SPM team members all brought home awards including four All-American National Championship swims by Sharon Salzman, Byron Stout, Ron Collins, and Bob Beach. Finishing second in their age groups were Brian Rimel and Anne Page. Also placing were Kern Davis and Chris Swanson.

The pool races started off with a bang, with the USMS Short Course Nationals in Indianapolis, IN. Bill Specht, Steve Allbritton and Russ Frazier did us proud. Bill, breaking his own 100yd fly record also won all his fly and backstroke events. Steve Allbritton also won the 50yd free. Both he and Russ turned in top 10 finishes in all their events. All was not done in the States. Sandy Steer earned 3 gold medals in the breaststroke events at the Canadian Nationals held in Edmonton, Alberta, Canada. She also placed 2nd in the 400M and 800M free, and 3rd in the 100M and 100M free. June also took SPM to the FINA World Masters Championships in Riccione, Italy.



Charlotte Petersen led the troupe with a collection of medals: gold in the 200M free, with a time of 2:13:38, 3 silvers in the 800M and 400M free and 200M back, a bronze in the 3k open water swim, and a 4th place finish in the 100M

free. Elaine Bromwich earned 3 bronze medals in the breaststroke events, and Dick Avery placed in the top ten in each of his events. Good swims were also turned in by Konrad Euler, Laura Kaleel, Valery Neidermeyer, and Livia Zien.

A large group participated in the Sarasota T-shirt meet in June. Melissa Varlas won all her events, as did Alex Ramirez-Miller in the 100M, 200M, 400M free, and the 100M and 200M back. Other team members also had great swims: Lisa Flanagan, JoAnn Harrelson, Pam Geiger, Zac Pruitt, Rory O'Connor, Russ Frazier, Harold Ferris, Bob Atwood, Storm Eddy, Aaron Peter, and Livia Zien.

Next on our agenda...the Annual SPM Long Course Meters Championships in July and the 5K/10K as well as the 3000/6000 yards postal swims.



Our SUN team (fastest

growing Club in the Florida LMSC) is doing great. Now over 60 members in Clearwater and Dunedin pools with our super coach Joe Biondi. Many of us are going to Savannah to compete with the Florida Aquatic Combined Team. We had a great time at Sarasota swimming with the FACT group and plan on representing the greater part of the state of Florida at Nationals with some of the best swimmers the State and certainly also in the nation.

St. Pete SCY Meet

Our team was in 4th place overall, with women taking 2nd and men 11th.

High Point Winners: Karen Gardner 3rd, Marianne Bradley 2nd, Nancy Durstein 1st, Joan Campbell 3rd and Elliott Schofield 3rd.

Team Members who participated: Alison Snow, Marcie West, Beth Cook-Wonicker, Jean Tsagaris, Debi Schneider, Buffy Price, Susan Sibley, Roz Randall, Donna Ketchum, Carole Torreano, Lenore Ruppert, Bruce Ernst, Bill Conlon, Steven Hunt, Mitchell Scott, John Best, Pat Marzulli, Roman Fish and David Gifford. **RELAYS:** ALL Relays placed FIRST in their divisions!

SCM and LCM 2003 World Standings:

SCM - Joan Campbell: 3rd 1500 FR; 7th 800 FR, 200 FLY, 400 IM 7th

Nancy Durstein: -5th 400 IM- 8th: 200 FLY

LCM - Joan Campbell 5th 400 IM, 6th 1500; 9th 200 FLY.

Nancy Durstein 4th 400 IM, 8th 200 FLY, 10th 1500.

2004 YMCA Masters National Swimming Meet

Joan Campbell: 1st 200 Free, 500 Free, 1650 Free, 200 BR, 200 Fly, 400 IM; 2nd 200 BK; 3rd 100 BR.

Nancy Durstein: 1st 50 Fly, 100 Fly, 200 Fly, 100 IM, 200 IM; 2nd 1650 Free, 400 IM; 3rd 200 BK.

David Gifford: 3rd 400 IM; 4th 200 BR, 200 Fly; 5th 200 BK; 6th 500 Free, 9th 100 BR.

Donald Puchalski: 1st 50 Br, 100 br, 100 IM, 200 IM; 2nd

500 Free, 50 Fly; 3rd 100 Fly.

Elliott Schofield: 1st 100 Free, 200 Free, 1000 Free; 2nd 50 BK, 100 BK, 200 BK.

USMS Nationals

Joan Campbell: 2nd 1000 FR, 400 IM; 3rd 200 FR, 500 FR; 4th 200 BR and 7th 200 BK.

Sarasota T-Shirt Meet

Jean Tsagaris 1st x2; 3rd x 2, 5th x1 and 6th x1; **Buffy Price** 2nd x 2, 4th x1, 5th x1 and 6th x1; **Donna Ketchum** 1st x1, 3rd x1, 5th x2 and 6th x1; **Carole Torreano** 2nd x4; **Karen Gardner** 1st x1, 2nd x1 and 3rd x 3; **Marianne Bradley** 1st x5, 2nd x3 and 3rd x1; **Lenore Ruppert** 2nd x 2 and 3rd x1; **Joan Campbell** : 1st x6; 2nd x2 ; **Gary Laursen** 2nd x 1 and 3rd x1; **Donald Puchalski** 1st x3 and 2nd x4; **Elliott Schofield** 1st x1 and 2nd x4

Escape from Fort Desoto

First Place Female Overall: Christina Noordstar

Top Three age group winners: 1st Place Roberta Klar, Lenore Ruppert. 2nd Place Tom Russell, Celia Dubey. 3rd Place Quint Noorstar. **Finishers:** Beth Wonicker Cook, Jessica Fish, Roman Fish, Allison Snow, Roz Randall, Beth Cook-Wonicker, Ivette Compton.

St. Anthony's Triathlon

Top Ten age group winners: 4th Place Lenore Ruppert.

6th Place Carol Torreano. **Finishers:** Beth Wonicker-Cook, Steve Botic, Roberta Klar, Ivette Compton, Jessica Fish, Mitchell Scott, Liz Graham, Roz Randall, Pat Cohen, Ron Balow, Roman Fish, Val Tavanese, William Bellew, Tom Russell, Jill , Christy and Craig. I hope I did not miss anyone... **Relays:** Nancy Durstein swam for the Terrific Tri while Charlie Kohnken swam for Wm. Hough Team

Boston Marathon

Congratulations to **Ron Balow** for his participation!

St Croix Half-Ironman

Congratulations to **Jeff Allen** for his participation!

Walt Disney Half-Ironman

Good job to **Roberta Klar, William Bellew and Val Tavanese.**



SWIM FL shines at at Y Nationals!

This weekend, many of our members represented the

Sarasota YMCA and placed 3rd in the Men's division and 5th in the Women's at YMCA Masters Nationals! There were 560 swimmers from all over the USA competing in the gusty winds of an east coast spring. (brrrrr!) We not only had some outstanding swims, but had some newcomers who contributed greatly!

Highlights include:
National Champions!! They won!!

Deanna Doyle Vallery, Rick Walker, David Hefner, John Smith, Dren Geer, Deb Walker, Dean Dye, Kevin McCormack, Mark Drennen, David McIntyre, and Art Dinenberg.

They Scored!

Charlie Randall, Bob Bennett, Tillie Atkins, Tommy Schwartz, Prez Robert Davie, Stacey Howle, Rudy Vazmina (He's going to the World Games in Italy soon!), Jim Donnelly, and Gary Howle.

A special thanks to our non-Swim FL team mates: Steve Mancuso, Claire De Bois, Sylvia Buxton, Mike Beachler, Sue Halfacre, Jeff Perout, Skippy Mattson.

Swimming for Collier

County Y, these Swim FL members scored:
Rick and Ellie Trevison, and Jim Redic.

Swim Florida Long Course T-Shirt Meet

Sarasota Swim Florida members hosted their annual Long Course T-Shirt Meet June 12-13 in the premier Sarasota Y Sharks pool, the fastest pool on the west coast of Florida! This is the same pool as the 2004 Olympic Trials pool and the same as the '86 Atlanta Olympic pool.

The weather was in the 90's but the record 153 entrants never stopped gushing about the beautiful refrigerated cooling system that kept the pool a refreshing 78 degrees! 22 teams entered -- 6 from out of state.

The Jim Donnelly designed T-Shirt, awarded to any swimmer who entered at least 5 events, had an Olympic theme to it, and will become a collector's item.

Thanks to Winston Ritchey and his Margarita Mamma's and Banana Joe's Mexican Cantina who catered the delicious all you could eat social! Tacos and enchiladas and all the fixings and more, and bikini clad girls from Margarita Mamma's kept our cups filled from either the

Bud Light or Amber Bock kegs. This was definitely the best swim meet social ever!

We held our Swim Florida Awards Party in May at the home of Jim & Kandy Donnelly. After giving out some hilarious awards we got more serious and named Mark Drennan as Most Valuable Swimmer, Kevin McCormack as Team Mate of the Year and we inducted Bump Jones into our Swim Florida Masters Hall of Fame.

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

**VAST Wins 58 Medals in
Sarasota**



The Villages Aquatic Swim Team had a successful, 2-day meet at the "Swim Florida T-Shirt Meet" in Sarasota. The 13 VAST swimmers won a total of 18 gold, 22 silver and 18 bronze awards. 153 men and women representing 21 teams from 6 states, Canada and

England participated. This is in preparation for the 2004 Florida State Senior Game Finals to be held in The Villages in December. ☺

SWIM TEAM at COUNTRYSIDE
Clearwater
Denislav
Denislav@aol.com



We attended the St. Pete Meet in July. Despite the heavy rains, we still had loads of fun because it was our first meet! Yes, we are a new team in Florida. And with former Bulgarian Olympic swimmer Denislav (front row, 1st from right) at the helm, the team is sure to head to even more meets and improved times.

ASK THE SWIM DOCTOR

(continued from Back Cover Page)

... did 8 x 50 m back @ 2:00 with a :48 pace, to prepare for my 200 back. The next day, I wore my Speedo and my times for 4 x 50 @ 2:00, increased

to :52. I initially thought that I was really tired from the previous day. So I put on my long suit and did 4 more 50's, same interval. Again, my times were :48. The placebo effect may have been working, but not for four seconds for each 50.

When I raced my 200 m back, I won it with a time of 3:30.5, and broke the National record. My time was 13 secs faster than my best time in 2003, 3:43. My 50 m back time of 41.4 was also a National record, and better than my 42.7 from last year. My 100 m back, 1:35.7, improved from a 1:36.9.

Can a cheap close-out sale of \$50 for a full Nike suit give you better performances? I discovered that it can, as I have worn it for several practices, and have had similar results compared to when I was wearing the Arena.

My comparison of goal time intervals wearing this cheaper suit also demonstrated that it streamlined my body, which resulted in better performances.

An improved streamline is achieved by compressing the loose skin that most people have as they get older. I am 80 years old, 5'5" tall, weigh 135 pounds, with a 13% body

fat, but with extremely loose skin. The following picture of me clearly shows how loose skin can cause high resistance, hence a lack of streamline.



A full torso suit can enhance your streamline, and as a result, your times could be faster. It worked for me. It could work for you.

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.

My Favorite Workout

By Ron Davis, 300 Club Coach



Warm-up: 150 swim, 300 IM kick, 6x75 swim build.

Main Set: 200 Swim Fast; 50 Swim Easy; 4x150 swim (25-50-75 builds); 200 Kick; 5x100 Swim (Set 1+2: 25 build, 50 hard, 25 easy. Set 3: 100 Hard. Set 4+5: 25 easy, 75 build); 8x75 pulls

Cool-Down: 150 easy (or more if you need it)



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 Rule Change

Updated July 14, 2004

Effective June 5, 2004, USA Swimming amended their rules in order to align them with FINA with respect to the use of equipment that can convey pacing information to a competitor. The change is in response to the availability of individual radio receivers that can transmit information to a swimmer from a coach or other person.

Pursuant to USMS rule 601.4.6B, USMS has adopted this change based upon the action of the Rules Committee that accepted the USA Swimming change. Thus the following change is effective immediately (the addition is underlined):

102.15.9 -- Swimmers are not permitted to wear or use any device or substance to help their speed, pace, or buoyancy. Goggles may be worn and rubdown oil applied if not considered excessive by the referee.

USMS will follow the interpretation of USA Swimming that indicates that pacing devices including tempo training devices and radio transmitters that allow instructions to be passed to the swimmer are forbidden. *USA Swimming has also indicated that other pace-conveying devices such as watches are not allowed on the swimmer. In response to questions received, it should be noted that this change does not prohibit one from conveying pace information through hand signals, placement of lap counters and the like. Additionally, this change does NOT affect long distance swimming.*

For those officiating USMS meets, it is suggested that enforcement of the rule be approached from an educational perspective. For example, if one sees a swimmer approach the block with a prohibited device, inform them of the rule and allow them to make any necessary changes rather than letting them start and disqualifying them.

Leo Letendre
for the USMS Rules Committee

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Team Orlando Masters Fall SCM Invitational
 Hosted by Team Orlando Masters and the YMCA Aquatic Center
October 8-10, 2004

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

- Rules:** Open to all registered Masters, ages 19 years and older. All entrants must have a current 2004 USMS registration card. A copy of this card **must be attached** to entry form before an athlete can be entered in the meet. 2004 USMS Rules govern. Each swimmer will be limited to five events per day plus relays.
- Entry & Fees:** Cost per event entered shall be \$2.50 for individual events, \$5 per relay and \$20 surcharge. No refunds shall be given.
- Deadline:** Entries must be received by September 28, 2004. Only faxed entries will be accepted after 9/28/04 with an additional surcharge of \$10. Faxed entries must be received by 6:00 P.M. October 1, 2004. Fax to (407) 352-1907. **Deck entries will be allowed only for swimmers already entered in the meet. These swimmers will be placed into existing open lanes, no heats will be added.**
- Facility:** 8 lane 25M indoor pool with retractable roof. Colorado Timing & hand-held backup watches used. A separate 6 lane warm up area will be available.
- Awards:** Awards for 1st through 8th place in each age group in each event. Individual High Point awards for 1st place in all age groups and Team High point for 1st place excluding F.A.C.T.
- 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 pay the meet surcharge. Relays will be deck entered and seeded a 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.
- Events & Start Time:** Friday warm-up for the 1500 begins at 3:30PM. Heats for the 1500 will be deck seeded and start at 5:30PM. Heats will be swum **Fastest to Slowest**. Saturday and Sunday warm-up begin at 8 AM and the meet starts at 9 AM. **Positive Check-in required for the 400 Free, 400IM and 1500 Free at least one hour prior to event. Only persons checking in before the 1/2 hour event deadline, will be considered for seeding. After the deadline entries will be placed into existing open lanes, no heats will be added.**
- Heat sheets:** One heat sheet is included in the meet charge. Results will be posted on the YMCA Aquatic Center (www.ymcaaquaticcenter.com).
- Information:** Call meet director Aaron Swartzman at (407) 363-1911

Friday, October 8

1/2 *1500 free

*denotes check-in required no later than 1 hour prior to event start.

Saturday, October 9

3/4 400 free relay
 5/6 200 IM
 7/8 100 fly
 9 200 mixed free relay
 11/12 50 free
 13/14 200 back
 15/16 200 medley relay
 17/18 100 breast
 19/20 200 free
 21/22 50 back
 23/24 *400 IM

Sunday, October 10

25/26 400 medley relay
 27/28 100 IM
 29/30 200 fly
 31/32 200 free relay
 33/34 100 back
 35/36 50 breast
 37/38 100 free
 39/40 50 fly
 41 200 mixed medley relay
 43/44 200 breast
 45/46 *400 free

Meet Surcharge: \$20 (not refundable)
 Event Entry (\$2.50 per event) _____
 Fax Fee: \$10 (until 10/1) _____
 Total Entry Fee _____

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Florida Masters Swimming Committee, Inc.

Patricia Tullman

5432 Twin Creeks Drive

Valrico, FL 33594

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ASK THE SWIM DOCTOR

QUESTION: What are the advantages, if any, of Masters wearing a full suit?

ANSWER: Research in the past has not demonstrated a big improvement in swim times by wearing a full high tech suit. In the July/August 1998 issue of SWIM Magazine, the author gives the following information, "The suits have been tested in the lab to give 10% reduction in skin friction drag which is 1-2% reduction in overall drag. Claims are tenths of seconds in sprints and seconds in longer events. Keep in mind, the research and data was compiled on the younger college and elite swimmers. I have not seen a study on older Masters swimmers."



In the spring of 2004, I decided to buy a full suit and see what it could do for an 80 year old. I consulted Bonnie Pronk, a 60 year old Canadian and World Record holder, and her personal choice was an Arena suit (\$230).

Here are samples of some of my comparisons. In a March practice, wearing my regular Speedo suit, I swam a set of 10 x 100 yds back @ 2:30 using fins with times of 1:20. At a meet in March, my best 50 yd and 100 yd back times were 37.1 and 1:27.5, swimming against my top competitor in the 75-79 age group. In April, wearing the full suit, my practice times for the same set of 100's dropped to 1:12. At Y Nationals in April, I competed in full suit against top competitors and my times were 36.1 and 1:22.8.

In a 50 m pool, my practice repeats of 10 x 100 m back @ 2:30 using fins were 1:25 wearing my Speedo and 1:20 wearing my long suit. During my first practice at the 2004 World Championships in Italy, I wore my long suit and ...

Continued inside on page 19