

# FLORIDA

LOCAL MASTERS SWIMMING COMMITTEE

August, 2005, Newsletter  
Volume 22, Number 3

## Golden Girls lead LMSC record setters at SCY Nats

Three relays and one individual from the Florida LMSC set new American records at the May 19-22 USMS Short Course Nationals in Fort Lauderdale.

Leading the record swims was the FACT "Golden Girls" relay team of Joan Campbell, Bunny Cederlund, Nancy Durstein, and Edna Gordon which won both the 75+ 200 free and 200 medley relays in record times. They bettered the American record in the medley relay by over five seconds, and shattered the previous free relay record by over 16.6 seconds.

The third record-setting relay was also in the 75+ age group: the FMM mixed medley relay of Paul Hutinger, Regan Kenner, Robert MacDonald, and Florence Carr, which eclipsed the previous record by over 2 seconds.

Bill Specht from SPM was the lone individual American record setter in an exciting finish, edging out North Texas swimmer Steve Wood by .05 seconds and previous record holder Fritz Lehman from North Carolina by .54 seconds.

Overall, Colorado Masters Swimming won the team championship with GOLD Coast Masters second and the

Florida Aquatic Combined Team third. Rounding out the top five were The Olympic Club and North Carolina Masters Swimming. 177 clubs competed.

Other LMSC clubs competing were the Maverick Masters (12th), St. Pete Masters (52nd), Collier County YMCA Aquatics (77th), Masters of Orlando



**Double American record setters:** Joan Campbell, Edna Gordon, Nancy Durstein, Bunny Cederlund.

(83rd), Swim Team at Countryside (119th), Suncoast Swim Fit (119th), SWIM Florida (121st), and Forest Hills Aquatics (142nd).

In individual events, Burwell Jones FACT captured six gold medals and Melissa Varlas FACT won five golds. Triple winners were Joan Campbell FACT, Brud Cleaveland FMM, and Paul Hutinger FMM,

All of the LMSC national champions are listed in the column at the right. A link to the compete results is on the Dixie Zone meets/results schedule (<http://www.dixiezone.org/Meets.htm>).

## Florida LMSC SCY national champions

### Individuals

Joan Campbell, FACT (200 breast, 200/400 IM)  
Florence Carr, FMM (100 free, 100 IM)  
Bunny Cederlund, FACT (1000 free, 100 back)  
Casey Claflin, FACT (50 back)  
Brud Cleaveland, FMM (200 free, 50/100 breast)  
Chris Connor, FACT (1000 free)  
Margaret Homans, FMM (1000 free)  
Paul Hutinger, FMM (50/100/200 back)  
Burwell Jones, FACT (500/1000 free, 200 back, 100/200/400 IM)  
Denis Kaltchev, STAC (100 fly)  
Regan Kenner, FMM (50/200 breast)  
Robert MacDonald, FMM (100/200 breast)  
Robert Sigersmith, FACT (100/1650 free)  
William Specht, SPM (50 back, 200 fly)  
Patricia Tullman, FMM (100/1000 free)  
Melissa Varlas, FACT (50/1000 free, 100/200 fly, 400 IM)  
Linda Visser, FACT (100 breast)

### Relays

Women 65+ 200 free  
FMM: Margie Hutinger, Florence Carr, Margaret Homans, Patricia Tullman

Women 65+ 200 medley  
FMM: Margie Hutinger, Jean Allen, Patricia Tullman, Margaret Homans

Women 75+ 200 free  
FACT: Edna Gordon, Joan Campbell, Bunny Cederlund, Nancy Durstein

Women 75+ 200 medley  
FACT: Bunny Cederlund, Joan Campbell, Nancy Durstein, Edna Gordon

Mixed 55+ 200 medley  
FACT: Chris Gilligan, Meegan Wilson, James Redic, Glenn Woodsum

Mixed 75+ 200 medley  
FMM: Paul Hutinger, Regan Kenner, Robert MacDonald, Florence Carr

photo: Gary Trimble

## From the President's Desk by Tom Bliss

Dear Florida LMSC Member,

We had our July meeting on Saturday, July 16, at the St. Pete meet. It was a rather hot day, but the breeze made it bearable. The meeting went smoothly and we kept it to less than two hours. The primary agenda topics revolved around the convention, policy and procedures, and important dates. I will attempt to share some of the highlights to keep you informed.

The annual short course meters meet in Orlando has been canceled indefinitely. As a result we will be moving our end of the year annual meeting to St. Pete on October 8, the day before the St. Pete Short Course Meters Meet to be held on October 9. The meeting is designed to be a casual and fun informational session with food being the catalyst to get you there at a reasonable rate. It will be a time where you can get to know the officers and where we can spend time answering any questions that you might have about the organization. Remember, the meetings are to be attended by the team representatives and in the closing comments of my letter I will stress the importance of these individuals. If you have any questions please feel free to contact me.

Policies and procedures are vital in the running of any organization. There is rarely a meeting that is held where we don't discuss issues that affect our policies and procedures. Because these affect each one of us, it is significant that your representation is incorporated. In our annual meeting there will be several policies, procedures and by-laws that will be formally voted on. Over the next couple of weeks we will be drafting revisions affecting each of the aforementioned which will be e-mailed to team representatives for their input.

Please remember to update your team representative contact information so that we can effectively revise our important



governing documents.

Next year's Annual Awards dinner will be back in Clearwater at the Long Center. The meet is scheduled for Valentines Weekend. More information will be coming out regarding this event. We expect this banquet to be the best yet. There will be a new menu which promises to appeal to everyone's taste buds. Please mark your calendars and plan on attending. It is a fun time for all!

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. You have heard me say it before but it is worth repeating ... one of the prime responsibilities of a Team Representative is to attend meetings as a spokesman and to be an information reporter for your club. Team representatives are encouraged to participate on committees and support the overall organization from time to time.

Since we are an ORGAN-ization, which is made up of each member, we will only function effectively with connection and the cooperation of each of our teams. If you don't have a Team Representative it is imperative that you select one. 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 representatives!

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

I am sorry to announce that our Officials Chair Jeffrey Demlow is leaving us. He is in the process of moving to Las Vegas. The LMSC Chair is currently interviewing individuals for the Officials Chair position. If there is any one who is interested, or if you would like to recommend someone, please contact Tom Bliss at [tbliss@cfl.rr.com](mailto:tbliss@cfl.rr.com).

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*vacant – see note at left*

The Florida LMSC newsletter is published quarterly in February, May, August, and November. Registered members of the Florida LMSC choose to receive the newsletter via email or postal mail. The Florida LMSC reserves the right to edit articles for appropriateness and/or brevity.

## Top 10 & Records by Margie Hutinger



I submitted times from these SCY meets: Florida Senior Games, SPM Relays, Polk Sr Games, Clermont, St Pete, and USA meet times for Rick Walker, Melissa Varlas and

Mark Drennen. For the Florida Top 5 and Records, I included times from the final results swimmers sent me from these meets: HOF, Y Nationals, Savannah and the LMSC report from SCY Nationals.

If you were at the July St Pete meet, you most likely noticed there was individual high point competition, but the popular team competition was non-existent. I don't fault St Pete or any other meet that no longer has a team competition, as there is no easy way to distinguish between chapters of FACT and clubs with the same name. This has led to illegal relays and improper identification of swimmers. I would like to see the return of the team concept, as it en-

courages team spirit, more entries at meets, swimming for "points," relays, camaraderie and competition among the local clubs. Wouldn't you?

If you are responsible for submitting final results to be posted on the web site and printed for mailing, they need to be in PUBLICATION ORDER, which is a requirement of USMS and is a simple procedure. HyTek's default for results is event order. The operator only has to indicate he wants HyTek to print in publication order.

Included in this issue and at [www.floridalmc.org](http://www.floridalmc.org) are the FL LMSC SCY records, with the 2005 records highlighted. Records broken included 22 women's individual, 36 men's individual, and 39 relays. Congratulations to all record breakers. The most records broken was five, set by Sylvia Eisele, 75, FACT; Mark Drennen, 48, FACT; and Paul Hutinger, 80, FMM.

Denis Kaltchev, 31, STAC, has the distinction of breaking Chester Miltenberger's 100 breast record, which has stood for 23 years. These are the other oldest SCY records, that were broken in 2005.

### WOMEN

40-44--200 Fly, 2:28.99, Claire DeBoer, FACT; broke Judy Stefanak's, SPM, 1992 record of 2:37.84.

400 IM, 5:12.05, Tillie Atkins, FACT; broke Judy Stefanak's, SPM, 1992 record of 5:25.13.

50-54--100 Fly, 1:11.38, Pat Sargeant, FACT; broke Jayne Lambke's, SPM, 1990 record of 1:16.18.

75-79--1650 Free, 30:15.60, Joan Campbell, FACT; broke Ruth Switzer's, SMS, 1984 record of 33:14.90.

35+ 200 Free Relay--1:45.44, FACT, Buxton, DeBoer, Visser, Heid; broke HLJ's 1989 record of 1:46.81.

### MEN

50-54--50 Back, 26.38, Casey Claflin, FACT; broke John Smith's, HLJ, 1991 record of 27.32.

55+ 200 Free Relay--1:41.40, FACT, Nessel, Nickodem, Seidman, Woodsum; broke SMS's 1984 record of 1:50.87.

## Ask the Swim Doctor by Paul Hutinger



In this column, I will deviate from my usual questions, and answer questions that many of you have asked about my shoulder.

Which arm in the photos would you swim with? Answer: the arm in #1 "Looks OK to me." What about the CT scan? Everyone that sees the CT scan, #2, says, "That looks bad! How can you swim with that arm?" Both pictures are of my left arm.

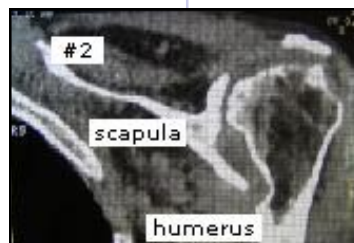
As a regular cyclist, I have experienced many bike crashes over the years. In early 1998, my bike crash at 20 MPH, (over the handlebars and onto the street) was the final trauma to my left shoulder. In Oct, 1998, I had a reattachment of the supraspinatus (rotary cuff muscle). Seven months of rehab, three days a week at a clinic; a home exercise program; training

with fins, including lots of kicking and swimming with one arm, prepared me for aging up to 75. I achieved my goals of breaking nine backstroke National records in the three courses.

In 2004, I aged up to 80 and won the three LCM back events at the Worlds in Italy. I set two back National Records in LCM and two in SCM.

In late December, 2004, my left arm started to go out of place in all strokes, except back; therefore, I can't swim free, breast and fly. In January, 2005, my left arm would dislocate on back push offs, so I switched to one arm push offs and starts. To prevent my arm from dislocating on backstroke, I used a high position of the humerus. This position, high against the ac-

romion, brought the lateral side of the scapula against it during the backstroke pull thru. This caused the degradation in my humerus (picture #2).



After seeing my CT scan, in May, 2005, my orthopedic surgeon recommended a total shoulder replacement. I wasn't a candidate for a regular replacement, due to previous injuries and considerable damage to the shoulder from rheumatoid arthritis. My local doctor recommended a more experienced doctor in Dallas, and on June 16, I had a consultation with him. In my case, a reverse prosthesis would be used, and, I wouldn't have a ball and socket joint.

With the extensive damage to my shoulder joint, I have fewer options with surgery.

*(continued on page 11)*



# 2006 Registration... Interactive forms have arrived for FL LMSC

Yes, it *is* too early to be thinking about 2006 USMS registration. However, some improvements are in the works that should make it much easier this fall. And getting a feel for them now will make it easier for everyone then.

One noticeable change is the creation of interactive web registration forms for the Florida LMSC. They will simplify the process and provide some uniformity within the LMSC.

Why interactive forms? In a word, *clarity*. Problems arise when there's difficulty trying to decipher handwriting, and at the LMSC level, different forms for different clubs create delays and sometimes confusion.

Now all of the information, except the signature for the liability release, can be typed in. The instructions on the form are clear: "Type it – Print it – Sign it – Mail it."

These are **NOT** electronic submission forms. Each needs to be printed out and mailed to the club registrar with checks for the appropriate amounts. Except for voluntary contributions, those amounts are printed on the form for each club, and each club has its own form. General directions are at the right.

All forms can be accessed from the LMSC's web page: [www.floridalmsc.org](http://www.floridalmsc.org), (click on "Forms"). Feel free to try them to see how it works; nothing is final until you sign it and mail it in.

## Reminders:

1. **Individuals cannot register until their clubs have registered. Check with your club registrar first. YOU CANNOT REGISTER UNTIL AFTER NOVEMBER 1!**
2. Except for Unattached swimmers, all forms should be sent to individual club registrars, NOT to the LMSC registrar.
3. If your club is part of FACT, you still send your registration to your club/chapter registrar. The club registrar will send the registration forms and two checks (one for USMS/LMSC fees and one for FACT fees) to Megan Wilson, the FACT registrar.
4. If you have questions, ask your club registrar.
5. Club registrars, if you have questions, ask Pat Tullman, LMSC registrar.

## Directions: It's as easy as 1-2-3-4...

- 1 Go to [www.floridalmsc.org](http://www.floridalmsc.org), click on "Forms," and click on "2006 registration." Then, find your club in the list and click on its link. If there's not an active link, ask your club registrar to send the information to [floridaswim@yahoo.com](mailto:floridaswim@yahoo.com)

- 2 Type in your personal information. Be sure the name you type is the name you want to use in competition (*Jim instead of James*). Click the correct box for questions (*sex: M  F* ), and select how you wish to receive the newsletter.

- 3 In the Registration section, areas in red are optional, areas in white are required. Add the total amount due and type it in the green box. Information about who to make checks out to is at the bottom in "Payment Information."

- 4 Print out the form, sign the liability release, write out your check for the correct amount, and mail the form to your club registrar. The address is at the bottom of the form.

Each club's registrar or coach can make copies of blank forms for those swimmers without computer access. They would then fill out the form by hand.

## USMS Restructuring *by Meegan Wilson*

At the USMS Convention in 2004, the House of Delegates voted to pass legislation that increases the Executive Committee from six members (President, Vice President, Secretary, Treasurer, immediate Past President and Zone Chair) to eight members (President, Vice President of Member Services, Vice President of Community Services, Vice President of Local Operations, Vice President of National Operations, Secretary, Treasurer, immediate Past President).

It also voted to decrease the Board of Directors from 35-40 members to 16 members. The new Board of Directors will include the eight members of the Executive Committee and eight at-large members nominated from each of the eight zones.

At the 2005 Convention in September, these positions will be filled. The follow-

ing candidates are running:

*President:* Rob Copeland  
*Vice Pres., Member Services:* Mark Gill  
*Vice Pres., Community Services:* no one  
*Vice Pres., Local Operations:* Julie Heather  
*Vice Pres., National Operations:* Colleen Driscoll, Michael Heather, Leo Letendre  
*Secretary:* Meg Smath  
*Treasurer:* Tom Boak

Qualified zone director nominees are

*Breadbasket Zone:* Anna Lea Roof  
*Colonies Zone:* Betsy Durrant  
*Dixie Zone:* no candidate  
*Great Lakes:* Nadine Day, Mary Pohlmann  
*Northwest Zone:* Jeanne Ensign  
*Oceana Zone:* Michael Moore  
*South Central Zone:* Carolyn Boak  
*Southwest Zone:* no candidate

For those positions where there is no candidate, there will be nominations from the floor.

Your Florida delegates will be voting for the seven USMS executive positions, (the past president is already elected), nominating a Dixie zone director, and voting for the new USMS Board of Directors positions..

For more information on legislative changes, go to [www.usms.org](http://www.usms.org).

We would appreciate input from our members. If you have any comments or suggestions please contact one of the five Florida delegates to the 2005 USMS convention: Victor Buehler, Joan Campbell, Margie Hutinger, Sue Moucha, or Meegan Wilson.

## Eye on fitness... Virtual swimming

The Virtual Swim Series is an excellent way to involve your fitness swimmers as well as the competitive swimmers who are looking for another challenge. 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 and foreign countries.

The **30 Minute Swim** is a good indication if you have enough endurance to

swim that long as well as good training for the One Hour swim in January. This can easily be done in one workout, no matter what the swimmers' ability. Even new swimmers can achieve this positive goal.

The **Checkoff Challenge** (Mission I.M. Possible) has been revised, this year. You can choose from one or more missions: freestyle, open water and/or stroke and IM.

A new article about fitness is posted each month on the Fitness Web Site. This

year, they will also include Sports Medicine. Check out this page to find a variety of topics for your swimmers.

With the large numbers of swimmers in Florida, we need to strive for more participation in these USMS events, especially from the noncompetitive swimmers.

If your club has done something unique to achieve this goal, please let Margie Hutinger know so she can share it with others.

## Upcoming Florida Events

Information and entry forms for the following USMS-sanctioned events, plus the Florida Consolidated Entry Form for the Sarasota and St. Pete meets, are on, or will soon be on, the Dixie Zone meets page ([www.dixiezone.org/Meets.htm](http://www.dixiezone.org/Meets.htm)).

Aug. 27 ..... BLUE Wave 800 indiv/400 free relay meet (LCM) ..... Brandon  
Aug. 27 ..... The Miami Mile (OW) ..... Miami  
Oct. 8 ..... Annual LMSC meeting ..... St. Petersburg  
Oct. 9 ..... St. Pete Masters dev. meet (SCM) *tentative* ..... St. Petersburg  
Oct. 15 ..... 2nd Annual Tropical Splash (OW) ..... Venice  
Oct. 22 ..... USMS 10K National Championships (OW) ..... Ft. Myers Beach  
Nov. 5-6 ..... SWIM Florida Fall Invitational (SCM) *tentative* ..... Fort Myers  
Nov. 19-20 ... Holiday Classic (SCM) ..... Coral Springs

## World Masters

There will be no USMS long course nationals in 2006 because the FINA Masters World Championships will be at Stanford University in California from August 3-17. Be sure to make your hotel reservations early (there's a link to info at the informaton site below)!

Information

[www.2006finamasters.org](http://www.2006finamasters.org)

Qualifying times

[www.fina.org/SF2006\\_Qual.pdf](http://www.fina.org/SF2006_Qual.pdf)

## LMSC meeting

The next Florida LMSC meeting is Saturday, October 8, in St. Pete. Time and place to be announced.

## November Newsletter Deadline

The deadline for November newsletter submissions is **Monday, October 17**. Email articles and photos to Dick Brewer ([floridaswim@yahoo.com](mailto:floridaswim@yahoo.com)) **AND** to Gertie Perry ([gertraud\\_e\\_perry@yahoo.com](mailto:gertraud_e_perry@yahoo.com)).



Brandon

*by Sue Moucha*

World Synchronized Swimming Champion Dr. Jane Katz gave an outstanding Water Fitness Clinic on May 12 at the Brandon Sports and Aquatic Center. Participants included water aerobic enthusiasts and Masters swimmers as well as various Synchro Team members from the area. The music, atmosphere, and dynamic personality of Dr. Katz made for an awesome morning under the Florida sun.



state combined team

[www.floridalmsc.org/FACT.html](http://www.floridalmsc.org/FACT.html)

*by Joan Campbell*

### FLORIDA AQUATIC COMBINED TEAM FINISHES THIRD OVERALL AT 2005 USMS SHORT COURSE NATIONALS

Four perfect weather days in Fort Lauderdale combined with fantastic competition and super performances resulted in a stellar showing for our FACT team. A record 80 swimmers from our team participated and out of 146 teams we placed second in the women, third in the men and third overall.

Joe Biondi set up a number of exciting relays and we thrilled to the cheers and enthusiasm of many close races. He tried to watch every race, an impossibility, but love of swimming and enthusiasm for all the competitors is in his blood. His goal is to join us next year as a competitor – we'll encourage you, Joe.

Our new swim caps set us off nicely, thanks to Victor Buehler. Our navy shirts with our logo added a touch of class to our growing team. Our banner looked great – contemplating naming chapters on the banner. Any ideas for stickers or the like will be considered.

Our 2005 SCY individual National Champions are Joan Campbell (200 breast, 200/400 IM), Bunny Cederlund (1000 free, 200 back), Casey Claflin (50 back), Chris Connor (1000 free), Burwell Jones (500/1000 free, 200 back, 100/200/400 IM), Robert Sigersmith (100/1650 free), Melissa Varlas (500/1000 free, 100/200 fly, 400 IM), and Linda Visser (100 breast)

Edna Gordon was reluctant to add her talents to a relay – didn't feel she would be that good! As part of the 75+ National Championship relay of Bunny Cederlund, Joan Campbell and Nancy Durstein, she's now an enthusiastic relay member. We cautiously instructed her to wait until we said "go" – don't want the only

relay in an age group disqualified! After breaking the existing medley relay national record by 4 seconds, we went on to "really try" in the free relay – broke that national record by 17 seconds! Needless to say, excitement, pictures and all followed!

The 55+ 200 medley relay of Chris Gilligan, Meegan Wilson, James Redic and Glenn Woodsum turned in a super performance to become National Champions.

Several other exciting races kept us on our toes and the announcer sounded just as enthusiastic as we did! As you can see from the results on our [floridalmsc.org](http://floridalmsc.org) web site, there were many close races and obviously many points were scored to place our team in the coveted position of 3rd overall. We wish to thank everyone for their efforts on behalf of FACT and hope you all enjoyed the meet as much as I did. The SUN hospitality room at the Bahia Mar was busy most of Thursday evening and we were happy to greet old friends and new.

Our winning banner was not available at the end of the meet. As soon as we receive it, we will picture it on our web site. Next is the LCM Nationals at Mission Viejo. I will not be there, but we will make an effort to prepare relays if any of you make the long trip.

### 2006 EVENTS TO PUT ON YOUR CALENDARS

Two events are scheduled in 2006 where we want to make our mark again. The first is in May when the USMS short course nationals will be in Coral Springs. I am sure we will have another large turnout for that. Let's take on the competition – we certainly have the numbers and can make as good a showing as Colorado Masters did right in our back yard!

The second is the XI FINA World Masters Championships at Stanford University in California. Because the world championships are in the United States, there will be no USMS long course championships next year. Information and qualifying times are on the internet (see page 5), but start making your hotel reservations now because it will be a wonderful and large meet.



St. Petersburg

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

*by Paul Hutinger*

### ST PETE MEET, JULY

At the St Pete meet, we had 20 entries, including four new Mavericks. Victoria Coleman hadn't competed since high school and Jason Male, since youth swimming in Canada. Rich Gee and Michael Biggs were former Masters swimmers. Stephen Everhart made a surprise appearance, having just returned from Beijing, China, as a Fulbright Scholar. The camaraderie was exceptional, as teammates mingled and shared stories and good times. We missed the excitement of the competition for team awards.



## News from around the LMSC

### FMM SPRING AWARDS

In order to include as many swimmers as possible in these special ceremonies, we've always had two awards dinners. One has been at Nationals (Big Louie's) and the other in Pinellas County (Steak & Ale).

The 2004 award was a white polo shirt, with USMS All American or Top Ten and each name embroidered on the front.

The Mavericks always recognize exceptional swimmers with special awards. The 2004 winners were: **OUTSTANDING FEMALE**, Jean Troy; **OUTSTANDING MALE**, Paul Hutinger; **MOST IMPROVED**, Marianne Vann; **DAVE MALBROUGH AWARD (Long Distance)**, Patricia Bond; **DAKOTA ELIASON AWARD (Fitness)**, Sharon Vargas; **ELMER LUKE AWARD (Overcoming Adversity)**, Gertrud Zint, and **WEB ARCHITECT**, Bill Volckening,.

### SCY NATIONALS, FT LAUDERDALE, FL

The Mavericks twelve swimmers placed 12th out of 146 teams in combined; 12th with six men out of 124 teams and 13th with six women, out of 99 teams. We didn't have a chance at any of the top ten awards, since we competed with all the big dogs, and yet, felt fortunate with our 12th place finishes. Seven of our eight relays finished among the top 3, including one National record (pictured below).



National Record: 75+ Mixed Medley Relay, 2:55.59  
Hutinger, MacDonald, Carr, Kenner



USMS SCY Nationals in Ft. Lauderdale May 19-22, 2005:  
back: Homans, Tullman, Carr, MacDonald, Browne;  
middle: Allen, Homans, Weatherbee;  
front: Cleaveland, Hutinger, Kenner, Hutnger



Jacksonville  
[www.holmes.masters.net](http://www.holmes.masters.net)

by Peter Nickodem

First the bad news.

Telfair Mahaffy, one of the founding members of Holmes Lumber Jax passed away on May 31.

Telfair for many years was the guy who made things happen for the Holmes Team. At his memorial service, Tiger Holmes related that when he and Telfair decided to form a team to go to the World Championships in Brisbane, the goal was modest. Telfair was tasked to recruit 20 former Florida swimmers.

After about a week Telfair told Tiger that he had a problem; he had 40 swimmers that wanted to go. A week later the number of swimmers had doubled and by the time of the meet, the Holmes Team was over 180 swimmers strong.

From that start Telfair held the team together for many years, keeping in touch with swimmers throughout Florida, coordinating relays, etc., (and remember this is before cell phones and e-mail). Although Telfair was not actively swimming the last few years, he maintained his Masters registration and kept up with what the team was doing. It was not uncommon for our swimmers to go to nationals only to get a call from Telfair afterward either congratulating them or giving them a dope slap for doing less than they were capable of.

Holmes Lumber and Master Swimming will miss Telfair very much.

Now the good news.

Holmes Swimmers did very well at this year's Amelia Island Ocean Swim. Jessica Weather, who recently joined Holmes, was third in the 19-24 age group and 25th overall. Maria Vaughn, in her first Ocean Swim competition, was 2nd in the 35-39 age group and 34th overall. John Byron came in 5th overall and 1st in the 45-49 bracket. Doug Rowe was 6th overall and 1st in the 50-54. John Conlon came in 5th in the 45-49 group and 30th overall. Richard Shieldhouse, another first time Open Water competitor, placed 19th overall and 2nd in the 50-54 bracket. Walter Steele was 5th in his age group and 35th overall.

Jessica Weather went on after the Amelia Island Swim to compete in the Key West Swim. Blowing out her shoulder early on she continued the race swimming Breast.

Other news: Dana Lester and Mark Richards safely returned to Jacksonville after Navy deployments to the North Atlantic and the Arabian Gulf.

Major Kevin Collins, USMC, a former Holmes Swimmer was the military technical advisor to Steven Spielberg in the filming of the "War of the Worlds" and was seen in several scenes.

## News from around the LMSC



Estero & San Carlos  
[www.minnows.info](http://www.minnows.info)

by Dick Brewer

As the heat, afternoon thunderstorms, and water temperatures at our San Carlos pool have steadily increased, our desires to swim there in the evening have just as steadily decreased. We are slowly gravitating toward the Florida Gulf Coast University pool, where we can swim in the long course pool from noon to three on week-days.

But we haven't been totally inactive. Frank Feeney swam on his corporate relay in the Naples Sprint Triathlon in June, and in spite of stepping in a hole during the run-in and injuring his ankle, he had a strong swim and his relay won the corporate title for the third consecutive year.

We also held our first sanctioned "meet." Well, sort of. Gulf Coast Swim Team, the USA-Swimming team that also practices at the university pool, held a Friday Night at the Races long course meet and asked if Masters would like to swim. So we got a USMS-sanction and swam 50's and 100's in between the kids events. It was a bit of a last-minute thing, with all proceeds going to the GCST program, but we were joined by Masters Kim Rohaley of SWIM, Rick and Ellie Trevison of FACT/SWIM, Robin Stewart of SWSM, Bill Wallace of CCYA, and Dave Willoughby of SWFA. It was a very enjoyable evening, and we didn't embarrass too terribly against the kids, either.

Thanks to GCST coach Don Henshaw and all of the GCST parents for allowing us to get some swims in.

Finally, practicing in a long course pool paid off for Dick Brewer when he swam in July's Summer Series 2 long course meet in Fort Lauderdale and took a little over 10 seconds off of his pb in the 800m free.

### Florida LMSC web news

New additions to the Florida LMSC web site include links to all LMSC and zone web pages in USMS, LMSC treasurer's annual reports dating back to 1992, and many minutes from past LMSC meetings. More minutes will be added when they are found.

### Web sites worth visiting

Florida LMSC ..... [www.floridalmsc.org](http://www.floridalmsc.org)  
Dixie Zone ..... [www.dixiezone.org](http://www.dixiezone.org)  
Meet dates, info., entries ..... [www.dixiezone.org/Meets.htm](http://www.dixiezone.org/Meets.htm)  
Maps to pools .... [www.minnows.info/Information/maps.html](http://www.minnows.info/Information/maps.html)  
USMS ..... [www.usms.org](http://www.usms.org)  
USMS Top 10 ..... [www.usms.org/comp/tt](http://www.usms.org/comp/tt)  
USMS Rule Book ..... [www.usms.org/rules/](http://www.usms.org/rules/)  
USMS Swimmer magazine ..... [www.usmsswimmer.com](http://www.usmsswimmer.com)



St. Petersburg  
[www.stpetemasters.org](http://www.stpetemasters.org)

by Livia Zien

Our calendar was filled with open water swims, national meets, and the beginning of long course season.

The Hurricane Man sported 324 swimmers swimming in the beautiful Gulf of Mexico along Pass-A-Grille. It was another spectacular day with brisk temperatures and a favorable current. Thirty-eight records were broken in total, setting the bar for next year's swimmers. The 1000M Pass-A-Grille Challenge was won by Mike Halfast with a new record of 13:28, and Melissa Varlas with a new record of 12:18. Yes, those times are correct, not a typo ... as Kern Davis so eloquently put it, "You go girl!" Rick Walker, a Hurricane Man veteran 'showed us how it's done' ... winning the 2.4 mile swim with a time of 46:26 while Agnese Ozolina, a newcomer to this event, won with a time of 52:45, showing us that you don't have to be a veteran to 'just do it'.

Several of our swimmers participated in national competitions as well. We were represented in Ft. Lauderdale for the USMS Short Course Yards Nationals by Bill Specht, Sharon Salzman, Stuart Burns, Peter Lehmann, and Alex Ramirez-Miller. Bill led the group with first place finishes in the 50yd back and 200yd butterfly, second in the 200yd back, and 50yd and 100yd butterfly, and third in the 100yd back. Sharon finished 5th in the 1650yd free and Peter 9th; Stuart Burns had double 6th place finishes in the 50yd and 100yd back; and Alex received 3rd and 4th places in the 1000yd and 100yd freestyle events. Kudos to our national swimmers!

While this group was busy swimming in Ft. Lauderdale, our neighbors to the North were holding their Canadian Masters Swimming Championship in Etobicoke, Ontario. Not only did Mike Torsney finish first in all of his events, he also set two new Canadian records in the 50yd and 100yd butterfly. Congratulations, Mike! Sandy Steer also had a spectacular meet, with a first place finish in the 50yd breaststroke, 2nd in the 100yd breast, and 3rd in all her freestyle events and the 200yd breaststroke. Great swimming by our Canadian Duo!

The "SWIM-Florida Bumpy Jones" swim meet was held in Sarasota in June. Sharon Salzman, just back from SC Nats for a few weeks won all her events, the 200M free and back, and the 400M IM. Pam Geiger also had a superb meet winning all the IM events as well as the 100, 200, and 400M free, and coming in 2nd in the 50M free. Great swims were also given by Flavia Zappa, Chris Swanson, Tim Kennedy, Harold Ferris, Charlie Kohnken, Bob Beach, and Dick Avery.

Our Annual St. Pete Masters Long Course meet was held on July 15-17. While the weather held out far better than last year, the 1500M free event on Friday night was still subjected to our St. Petersburg summer weather patterns. With two heats of the race through, the meet had to be called because of lightning. But due to



## News from around the LMSC

the accommodating natures of Patty Nardozi, Bob Atwood and official Dan Nardozi, swimmers were given the opportunity to swim their races at the end of the meet on Saturday and Sunday. We had 160 swimmers in total participating at the event. Thanks to our race directors Bob Atwood and Harold Ferris, officials and volunteers for putting on another spectacular meet! Thanks also to all the participants who always make it a fun and exciting meet!

Finally, in an effort to help our younger swimming counterparts, this is the first year the St. Pete Masters has put together a scholarship fund for St. Pete Aquatics high school seniors who will be attending college in the fall.

A total of 3 scholarships were awarded: a \$1000 and two \$500 awards. The graduating seniors were asked to answer a few short questions and to write an essay describing how swimming has shaped them as a person. We formed a scholarship committee of 5 SPM members, and although the task was difficult, we had to narrow it down to three winners.

The \$1000 award went to Brenno Varanda, who will be attending SUNY Binghamton to study mechanical engineering. The two \$500 awards were given to Katelynn Stevens and Jessica Deng. Katelynn will be attending the Florida International University-Miami to study physical therapy and sports medicine, and Jessica will be studying medicine at the University of Florida. We are hoping to make this an annual scholarship. Best of luck and congratulations to our first group of winners!



by Pat Cohen

### MARK YOUR CALENDARS for VALENTINES

Back by popular demand, SUN Masters will be organizing, planning and presenting the Valentine's Meet which will take place at the Long Center on February 11-12, 2006. The LMSC Awards Dinner will take place at the Long Center on the Saturday after the meet.

### POOL: USMS Championships-Ft. Lauderdale-May 19-22

Individual results for SUN Masters competing with the Florida Aquatic Combined Team at the 2005 USMS Short Course National Championships are Marianne Bradley (6th, 9th and 10th in her individual events), Joan Campbell (national champion in 200 IM, 400 IM, 200 BR and 3 silver medals), Nancy Durstein (1 silver and 2 bronze), and Don Puchalski (silver in 4 events; bronze in 1 event and a 4th). In relays, Joan Campbell, Nancy Durstein, Bunny Cedarlund and Edna Gordon participated on two relay teams which

broke the National USMS records! Check out the picture in this month's USMS Swimmer magazine!

### POOL: National Senior Games-Pittsburgh, Pa- June 16-18

SUN Masters distinguished themselves in another national championship meet. Joan Campbell (3 Gold and 3 Silver), Nancy Durstein (1 Gold, 3 Silver and an 8th place), and Don Puchalski (5 Gold and 1 Silver) swam very well. Don set 3 Senior Game Records!

### POOL: St. Pete Masters Long Course Championship July 15-17

More outstanding swims came last month at the SPM long course meet. Nancy Mirlenbrink (2nd 200 BR; 3rd 200Fr and 50 BR), Marianne Bradley (1st 100BR, 100FR, 50FL, 200IM), Joan Campbell (1st 1500FR, 200FL, 100BR 2nd in 4 events; 3rd in 3 events and High Point age group winner), and Nancy Durstein all did exceptionally well.

### POOL: Florida LMSC Top 5

SUN Masters earning spots in the 2004/2005 Florida LMSC Top 5 for short course yards were Allison Snow (5 events), Beth Wonicker-Cook (2 events), Marianne Bradley (12 events), Joan Campbell (17 events), Nancy Durstein (15 events), and Don Puchalski (9 events). Plus, the women's 75+ relay team including Joan Campbell and Nancy Durstein set two American records at SCY Nationals.

### OPEN WATER SWIMS

Three SUN Masters swimmers ventured out into open water: Don Puchalski and Nancy Durstein swam the Hurricane Man Open Water swim (2.4 miles) in May, and Arnaud Glacet swam in both the May and June Clearwater Beach Patrol Ocean Swims, finishing third in both races.

### TRIATHLONS

SUN Masters swimmers are multi-talented and always busy. Here are some of their recent endeavors: Jeff Allen (St. Croix 1/2 Ironman in May), Pat Cohen (2nd in the Gulfcoast 1/2 Ironman in May), and Beth Wonicker-Cook, Val Tavanese, Roberta Klar, and Jerry Napp (Walt Disney 1/2 Ironman, also in May).

### Submitting material for the newsletter

Text: Send as .txt, .rtf, or as text in an email message

Photos: Save at a resolution of 200 dpi or better with a maximum width of six inches, and send as a .jpg attachment with your email.

Send to: [floridaswim@yahoo.com](mailto:floridaswim@yahoo.com) *and to* [gertraud\\_e\\_perry@yahoo.com](mailto:gertraud_e_perry@yahoo.com)

**DEADLINE REMINDER:** All text and photos must be received by Monday, October 17, to be included in the November newsletter.



Naples  
[www.swfaquatics.org](http://www.swfaquatics.org)

by Karl Wiedemann

### A New Club in Town...

Southwest Florida Aquatics (SWFA) is an organization for the development of all forms of aquatics in Southwest Florida/Florida/US. We are a level 4 program for Masters swimmers registered with USMS. Our coach, Chuck Slaght, is a level 4/5 E&E coach certified by American Swim Coaches Association (ASCA).

Over the last year we have claimed 14 individual national titles, national records, and four world records, along with seven Pan-American Games titles, several records at the World Police and Firefighter Games in Quebec, and numerous top five Florida and top ten US national times.

Coaching is available for all levels including world class triathletes and swimmers. We even coach over the internet. CCYA (our former "life") was a new organization established in February, 2004, which has recently transitioned to SWFA. Besides many Masters swimmers and triathletes, we also have a strong contingent of open water swimmers. We even have international swimmers representing Columbia and Trinidad.

Current focus meets include the October open water competitions in Venice and Fort Myers Beach, the November 19-20 SCM at Coral Springs, May 11-14, 2006, SCY Nationals at the same site, and the 2006 World Masters at Palo Alto California, as well as any Southeastern United States meets.

Triathlons of focus are Ironman Lake Placid, Ironman Panama City, Ironman Hawaii, Arizona Ironman, and other half-ironman and sprint distance triathlons. Senior Games Florida/US are also a focus for the group.

Training is prescriptive and individualized as much as possible. Our coach puts a lot of attention on effective stroke skill sets then endurance then speed work as the final element for successful swimming. Workouts are coached from the deck (not coached from the water, a chalkboard or paper workout) three times a day Monday-Friday 6-8 AM, 12-2 PM, 6-8 PM, and open water swims are encouraged over the weekends. Our coach travels to all events, even triathlons, to support swimmers/triathletes. Group networks in business, social, and even professional matters (doctors, lawyers and Indian chiefs) all help each other in this organization.

SWFA will soon be adding masters water polo, diving, and even synchronized swimming if there is any interest. SWFA is dedicated to promoting age group swimming and learn-to-swim programs throughout Southwest Florida. SWFA is also interested in developing training facilities that will enhance all levels of aquatics. We are a 501c3 foundation interested in expanding programs into local schools and communities where swim programs are needed or requested.

SWFA plans to expand its staff with another highly qualified visionary coach relatively soon to grow all our programs and to add diversity with our various groups. We have many qualified local coaches who will be volunteering time to help further develop programs already swimming with SWFA.

A social and planning/vision gathering was held on July 22 at Mike Stollmeyer's, and more socials are planned every month or other in the future.

We are a fun group for those who want to have fun, and we are a serious group for those that want the highest levels of competition. Look for us soon on the internet at [www.swfaquatics.org](http://www.swfaquatics.org).



Sarasota & Fort Myers  
[www.swimflorida.org](http://www.swimflorida.org)

by Jim Donnelly

Over 150 swimmers attended our "**Bumpy**" Jones Classic Long Course T-Shirt Meet, June 11-12 at The Sarasota Y Shark tank, the fastest pool on the West Coast of Florida! For all of you who contributed in any way, thank you for your help.

I would also like to thank all of you swimmers who did not sprint to the bathroom upon seeing Deb Walker approach with the relay clipboard. We entered 10 relays in the meet, and many were composed first time swims for our new members, like Tony and Julia. What a great way to start! I do know that the 800 FR of Dren Geer, Barbara Wear, Roy Ingham and Helen Vetter posted a time that will place them approximately 4th in the National rankings! Cool stuff.

We want to share an email we received from Paul Plackis from Space Coast Masters the day following the meet. We couldn't have summed it up any better ourselves!

### Subject: Great Job!

Thank you and all the folks at the Sarasota chapter of the "Swim Florida" team for hosting a legendary "Bumpy Jones Classic" weekend that brushed aside all adversity. It was a first class operation from start to finish, and I'll be sure to let Space Coast team mates know that they really missed it!!

Even the weather deferred to the requirements of this legendary weekend exceeding the most idealistic predictions, speeding away faster than any computer model, and making a clean pocket of dry air between the rain bands without a single rumbling of thunder.

The best part of the weekend was meeting all the great folks who hosted the meet. There are far too many to mention them all, but I'd like to mention a few. The social, the refreshments, and the many folks who made it possible, were "A-1"!

Also glad to meet and say hello to the legendary Bumpy Jones - even before reading his extensive biography in the meet program.

**Rick Walker**— Great meet directors can make a lot of things look easy, but I still don't know how you found a way to alter the weather!! Who is ever going to be able to top that?

## News from around the LMSC

**Bob Coulter**— Thanks for looking after me and setting aside a size XL t-shirt in addition to all of the other things that I'm sure kept you busy. The shirt fits and it was good to meet the artist and designer **Jim Donnelly** to compliment him, because the design with the skull wearing goggles has got to be the coolest swim meet t-shirt of all time!

Regards, Paul Plackis



### USMS Short Course Nationals

Edna Gordon along with her relay teammates Bunny Cederlund, Joan Campbell and Nancy Durstein, from FACT set two USMS National Records in the 75+ 200 MR and 200 FR (photo on page 1)!

Almost every one of our teammates finished in the top ten at Nats! Our most outstanding performers were Melissa Varlas, 33 who is National Champion in the 500, 1000, 100 Fly, 200 Fly and 400 IM; and Bumpy Jones (pictured above with Mark Drennen) who is National Champ X 6, winning the 500, 1000, 200 Back, 100 IM, 200 IM, and 400 IM!

## VILLAGES AQUATIC SWIM TEAM

*The Villages*

*by Susan Schuerman*

### VAST Competes in Pittsburgh

Six women and two men from The Villages Aquatic Swim (VAST) placed 20 times in the Top 10 while at the Pittsburgh National Senior Games competition in June. Betty Senter (70-74) took a Bronze Medal in the 100 yard Breast with a time of 2:02.50.



*Pittsburgh Nationals (l to r): Joyce Hutchinson, Shirley Fishlock, Allice Kelly, John Cornell, Betty Senter*

## Ask the Swim Doctor (continued from page 3)

Seeing this information from the CT scan, it is apparent that the scapula would continue to erode the humerus if I swam as I used to. My present option for training and competition is to only swim with one arm and incorporate lots of kicking. Without a regular shoulder joint, I do not know if I will be competitive as I have been in previous years. Shoulder replacements for 80 year old swimmers are rare.

At the St Pete July LCM meet, I swam back, free and fly with one arm. My 200 back was 55 seconds slower than last year at the Worlds. I was DQ'd in my fly events. This disability is a permanent, physical impairment, that limits my major life activities. As such, I would like to be able to legally compete in fly and breast events. I am working on securing the necessary paperwork that will satisfy the USMS rules.

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.

## Florida LMSC clubs

|            |                                       |                     |
|------------|---------------------------------------|---------------------|
| 300C ..... | 300 Club .....                        | Gainesville         |
| ACTT ..... | Aquatic Club Temple Terrace .....     | Tampa               |
| AJAX ..... | Amberjax Masters Swim Club .....      | Jacksonville        |
| BLUE ..... | Blue Wave Masters .....               | Brandon             |
| BMSC ..... | Bradenton Masters Swim Club .....     | Bradenton           |
| CATM ..... | Clearwater Aquatic Team Masters ..... | Clearwater          |
| CHAS ..... | Westchase Masters Swim Team .....     | Clearwater          |
| CLA .....  | City of Lakeland Aquatics .....       | Lakeland            |
| DBMS ..... | Daytona Beach Masters Swimming .....  | Daytona Beach       |
| FACT ..... | Florida Aquatic Combined Team .....   | state super team    |
| FCYM ..... | Florida First Coast Y Masters .....   | Ponte Vedra Beach   |
| FHA .....  | Forest Hills Aquatics .....           | Tampa               |
| FLA .....  | Florida League Of Aquatics .....      | Tallahassee         |
| FMM .....  | Florida Maverick Masters .....        | St. Petersburg      |
| GSC .....  | Gator Swim Club .....                 | Gainesville         |
| HLJ .....  | Holmes Lumber Jax .....               | Jacksonville        |
| LCAM ..... | Lake County Aquatics Masters .....    | Leesburg            |
| MOO .....  | Masters of Orlando .....              | Orlando             |
| NTC .....  | National Training Center .....        | Clermont            |
| ORLM ..... | Team Orlando Masters .....            | Orlando             |
| OVMS ..... | Oviedo Master Swim Team .....         | Oviedo              |
| SAST ..... | St. Augustine Swim Team .....         | St. Augustine       |
| SCCS ..... | Sun City Center Sharks .....          | Sun City Center     |
| SCSF ..... | Suncoast Swimfit .....                | N. Pinellas County  |
| SPCO ..... | Space Coast Masters .....             | Cocoa Beach         |
| SPM .....  | St Pete Masters Inc .....             | St. Petersburg      |
| STAC ..... | Swimteam at Countryside .....         | Clearwater          |
| SUNM ..... | Sun Masters .....                     | Clearwater, Dunedin |
| SWFA ..... | Southwest Florida Aquatics .....      | Naples              |
| SWIM ..... | SWIM Florida Masters Inc .....        | Sarasota, Ft. Myers |
| SWSM ..... | South West Swim Masters .....         | Bonita Springs      |
| TBAC ..... | Tampa Bay Aquatic Club .....          | Tampa               |
| TBAY ..... | Tampa Bay Masters .....               | Tampa               |
| TTM .....  | Tampa Tarpons Masters .....           | Tampa               |
| VAST ..... | Villages Aquatic Swim Team .....      | The Villages        |
| VBYM ..... | Venice Bonefish Y Masters .....       | Venice              |
| WFLM ..... | West Florida Lightning Masters .....  | St. Petersburg      |
| WIN .....  | Winter Haven Masters .....            | Winter Haven        |



# Blue Wave Masters 400m Free Relay & 800m Freestyle Long Course Swim Meet

Sanctioned by Florida LMSC for USMS, Inc. #145-018

Date: ..... Saturday, August 27, 2005

Registration: ..... 9–9:45 AM  
*(please remember to bring and show your USMS registration card)*

Warm-up: ..... 9 AM

Meet start: ..... 10 AM

Order of events .... 1. 400 meter freestyle relay  
*(men, women, mixed – only one relay per swimmer)*  
2. 800 meter individual freestyle

Cost: ..... \$10 per swimmer

Register the day of the meet  
Snacks will be available

Brandon Sports & Aquatic Center  
405 Beverly Boulevard  
Brandon, Florida 33511

Questions? ..... contact Sue Moucha at (813) 689-0908, ext. 19



**BRANDON SPORTS & AQUATIC CENTER**



# 2005 USMS 10K Open Water National Championships

## Fort Myers Beach, Florida

**HOST**

SWIM Florida

**DATE**

Saturday, October 22, 2005

The fallback date for severe weather is Sunday, October 23, 2005. Check [www.usa-openwaterswim.com](http://www.usa-openwaterswim.com)

**LOCATION**

Estero Island, Florida (Fort Myers Beach)

**COURSE**

The course is a rectangular course, parallel to Estero island. Swimmers will do four (4) circuits. Tide is minimal and water temperatures should be in the mid 70's.

**RACE TIME**

Check in ..... 7:00 AM  
 Final briefing ..... 7:40 AM  
 Race begins ..... 8:00 AM

**ELIGIBILITY**

The race is open to all swimmers currently registered with USMS. *A copy of your 2005 USMS registration card MUST be included with the entry form.*

**ENTRY LIMIT**

Swimmers may enter one individual and one team event only. A maximum of 400 swimmers (200 male and 200 female) may compete.

**REGISTRATION & ENTRY DEADLINE**

Take advantage of on-line registration by going to <http://active.com/swimming/swimming/> and in the search box for state/zip code, type **33931**.

Entries must be received by the meet director by Saturday, October 15, 2005. Send entries and fees to:

USMS 10K Nationals  
 4600 Summerlin Road  
 C2 PMB-572  
 Fort Myers, FL 33919

**ENTRY FEES**

Early bird entry (received by Sept. 15) ..... \$20.00  
 Regular entry (received Sept. 16-Oct. 15) ..... \$50.00  
 For a relay, each team member add ..... \$ 5.00  
 Absolutely **NO** entries will be accepted if received after October 15, 2005.

**RULES**

2005 USMS Rules and Regulations will govern this event.

**PRE RACE MEETING**

The pre race meeting is Friday, October 21, time and place to be announced. For more information, please check [www.usa-openwaterswimming.com](http://www.usa-openwaterswimming.com).

**SPECIAL PACKET PICK UP**

To have packets pre-delivered to your place of lodging, email [gregg.cross@usa-openwaterswim.com](mailto:gregg.cross@usa-openwaterswim.com) on or before Saturday, October 15, 2005, giving your name and the hotel/motel where you will be staying.

**ESCORT CRAFT**

Course monitors will be stationed throughout the course. No personal escorts are provided. Individual arrangements for kayaks can be made by contacting Estero River Outfitters. Call (239) 463-1600.

**AWARDS**

USMS National Championship medals will be presented to the top six men and women in each age group. Custom awards will also be given to the top male/female overall finishers, to the top male/female over 50 finishers, and to designated members of the top three relay teams in Male, Female, and Mixed categories.

**PARKING**

Lynn Hall Park or adjacent public parking areas.

**LODGING**

For discount rates, call (888) 529-6588. As for accommodations near Lynn Hall Park

**INFORMATION**

Contact Gregg Cross for maps, directions, lodging, entry questions, and additional information at either (239) 462-3322 or [gregg.cross@usa-openwaterswim.com](mailto:gregg.cross@usa-openwaterswim.com)

The paper entry form, map to Lynn Hall Park/Fort Myers Beach, and relay entry forms are posted online at [www.dixiezone.org/Meets.htm](http://www.dixiezone.org/Meets.htm). Click on "Open Water/ Long Distance" and scroll down to the event.

**SANCTION**

This event is sanctioned for USMS, Inc. by the Florida LMSC #145-012OW