

FLORIDA

LOCAL MASTERS SWIMMING COMMITTEE
February, 2006, Newsletter
Volume 23, Number 1

Open Water & Postal Championship Results

For complete results for all USMS postal and open water championships, plus information about upcoming events, go to USMS Long Distance _ www.usms.org/longdist/ldchamps.php

Eleven All-American swims, 19 LMSC records earned in fall postal, open water championships

Florida LMSC distance and open water swimmers earned top honors in USMS postal and open water national championships during fall events. Nine swimmers earned USMS All-American honors and fifty-nine swimmers placed in the national top ten.

Leading the All-American and record-setting parade was Kern Davis, SPM, who placed first in the 10K postal and the 6000-yard postal, second in the 3000-yard postal and the 10K open water national championships, and fifth in the 5K postal. Davis set new Florida LMSC records in the 50-54 age group in all four of the postal events.

Although the 5K and 10K postals were summer swims, results weren't published until late fall.

In addition to Davis' record-setting swims, Robert Beach, SPM set an LMSC record in the 5K and finished second in his age group, Robert Aldrich, SPM finished sixth in his age group with a new LMSC record, and Patricia Bond, FMM, finished second in her age group with another record swim.

Doris Prokopi, FMM, earned All-American honors in the 10K postal and set another LMSC record in the process. Ruth Thompson, FMM, was also a record setter, finishing third.

Record setters in the 3000 and 6000-yard postals were Robert Beach, SPM, with records and gold medals in both postals, Davis, Robert Blake, FMM with a first place in the 3000, Chris Connor, FACT, with a second



USMS Top Four: Mark Drennen, Melissa Varlas, Rick Walker, and Ricardo Valdivia share experiences on Fort Myers Beach after the November USMS 10K Open Water National Championships.

place in the 6000, and Glenn Woodsum with a second place in the 3000.

On the women's side, Joan Campbell, FACT, earned All-American honors and a record in the 3000, Victoria Coleman, FMM won a silver medal with her record swim, and Kate Knight-Perry and Pam Geiger, SPM, both set records with bronze medal finishes.

The USMS 10K Open Water Championships were held off Fort Myers Beach in November, delayed two weeks

by Hurricane Wilma. All twelve LMSC swimmers placed in the top three in their respective age groups. All-American swimmers were

Mark Drennen, Thomas Rawls, Rick Walker, and Melissa Varlas, all FACT. Varlas was first overall female. Silver medalists were Laura Kaleel and Flavia Zappa, SPM, Ruth Monnig and Thomas Schwartz, FACT, and David Dickson, SWFA. Bronze medalists were Ron Collins, SPM, and Kim Rohaley, SWIM.



Open Water Medalists: Kern Davis and Laura Kaleel can smile after a 10K.

From the President's Desk

Happy New Year Dear FL LMSC Faithful!

I hope each of you was blessed in your Christmas and New Years celebrations! As we look ahead sometimes it is important to look back to align ourselves for a successful future. Nobody ever plans to fail as much as they fail to plan. So to help us leverage the success of *our* FL LMSC as we move into the 2006 year, please take a moment to look back and reflect on 2005. As you do let us know how *your* officers have been doing. With our aim to serve you, our members, we want you to tell us how we are doing. Please take a moment to write and tell us the things we have done well and the things which you would like to see us do better; that way we can keep doing the good things and improve the other areas. If we know, we can do something about it.

Remember that an organization is made up of it's members and are only as good as their contributions. As with most organizations, 10% of the people do 90% of the work. That is not maximizing efficiency or effectiveness. If the effort could be shared, it would tend to help the organization function more successfully. Last year we had approximately 40 teams and over 1400 members. Ten percent of 1400 is 140; if we had that number of our members actively serving the organization we would be very effective.

As it stands there are fewer than 30 who attend our LMSC meetings and support the business of YOUR organization. I am not saying this to be a downer or to make you feel guilty. A few of your representatives are giving way beyond the call of duty. With the loss of two of our officers, due to conflicting obligations, it makes the overall load much heavier. Realizing this, local clubs could make their first priority one of supporting the organization, by requiring a Team Representative to attend the periodic LMSC meetings (3 to 4 per year). This should be a local club's minimum contribution. Please keep this in mind as I share some dates and events you need to know about. The balance of this letter will discuss the Annual Awards banquet, LMSC elections and Team Representatives.



One of the most exciting and best attended gatherings of the year is the Annual Awards Banquet. It is a time of recognition and camaraderie like no other, truly a time of good food, fun and fellowship. Last year it was in Clermont but is moving back to where it began, the Long Center in Clearwater at the Valentines Meet. There is rarely an event that pulls us together more than this one and we would love to see you there. Refer to the details later in the newsletter.

This is an election year, so it is important to consider the support of the overall organization. Positions we are looking to fill in October include Officials Chair and Newsletter Editor. The Officials Chair position is vacant and our Newsletter Editor position is temporarily being filled by Dick Brewer and Flavia Zappa. If you are interested in knowing more about either of these positions, please refer to the job descriptions as detailed in the FL LMSC By-Laws section of our web site, or feel free to contact me. In addition, if you are interested in any of the Officer positions, please contact any of the officers for more information. Elections will be held at our annual meeting in October. More information on the date, time and location will be forthcoming. By the way, our next two meetings are in April and then July, both in St. Petersburg.

Over my three terms as Chair, you have heard me say on repeated occasions the importance of a Team Representative in relationship to the LMSC and the effective support to local clubs. The Team Rep is a communication connection for you, all the way through to the USMS organizations level. It is critical that each club assign a Team Representative to effectively serve the local club by representing your needs and informing you of the latest news which affects you and your membership!

So to coin a phrase that a more famous president than I said, "...don't ask what your (country) LMSC can do for you but what can you do for your LMSC?!!!"

Your friendly frozen flippin' Florida fish in the freezing water.

Tom Bliss
Chairman, FL LMSC

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Top 10 & Records by Margie Hutinger



The only times I submitted for SCM were from the development meet in St Pete, the only SCM meet in our LMSC. For the Florida Top 5 and Records, several swimmers have

sent me their times, so those will be the only additions.

Remember, if you swim in a meet outside of the FL LMSC, it is your responsibility to send me the documentation of your times.....copy of the final results from your swims or web site where I can find the results, including which events you swam. Ft Lauderdale meets, and others in the Mi-

ami area, may be within the state of Florida, but they are NOT in our FL LMSC.

Included in this issue are the FL LMSC LCM records (pages 13-15), with the 2005 records highlighted. Records broken included 12 women's individual and 1 relay; 20 men's individual, plus one tie, and 3 relays; and 3 mixed relays. Congratulations to all record breakers.

The most records broken was seven, set by Rick Walker, 55, FACT. On the women's page, Florence Carr, 80, FMM, broke four records.

Rick Walker, 55, FACT, has the distinction of breaking two of Burwell Jones' records, which have endured for 19 years.

These are the oldest LCM records, 1991 and earlier, that were broken in 2005.

WOMEN - None

MEN

30-34—50 Back, 29.42; Denis Kaltchev, STAC; broke William Specht's SPM, 1991 record of 30.03.

55-59—200 Free, 2:16.30, Rick Walker, FACT; broke Burwell Jones', HLJ, 1990 record of 2:21.82.

55-59—400 Free, 4:52.12, Rick Walker, FACT; broke Burwell Jones', HLJ, 1988 record of 4:58.41.

55-59—800 Free, 9:55.06, Rick Walker, FACT; broke Burwell Jones', HLJ, 1988 record of 10:24.08.

55-59—1500 Free, 18:45.20, Rick Walker, FACT; broke Burwell Jones', HLJ, 1990 record of 19:54.72.

Ask the Swim Doctor: *Persistent shoulder pain* by Paul Hutinger



Question: What can I do to keep training when I have persistent pain in my shoulder?

Answer: You can verify rotator cuff injury by testing as follows: stand,

arm against your side; bend forearm at 90; resist a force on your hand, inward and outward. A weakness in movement will indicate rotator cuff injury.

The most important muscles for the swimmer and the most overused involve the rotator cuff. These are a group of muscles and tendons that help hold the head of the humerus (upper arm bone) in the shallow socket in the scapula (shoulder blade). There are no strong ligaments to do the job.

The tendons of the rotator cuff pass under the bony arch of the acromion (outer tip of the shoulder). The muscles and tendons can get pinched under the acromion arch, especially with poor stroke mechanics. Other swimming injuries can occur from overwork and old injuries to the shoulder and arm.

The rotator cuff is primarily four muscles (subscapularis, infraspinatus, supraspinatus, and teres minor) and their tendons. It stabilizes the upper arm in the shoulder socket and allows a great range of motion.

Rotator cuff pain is caused by an "impingement syndrome." This is because exertion or overuse causes a compression of tendons by the shoulder bone, resulting in tears and/or inflammation. Bursa are fluid-filled sacs that protect muscles and tendons from irritation by the bone. A shoulder problem of tendinitis or bursitis may be a result.

1. Use ice before and after practice. Invest in a commercial fabric bag, cold compress, that is reusable, to keep in the freezer. Check your local drug store.
2. Change the strokes you use in training or competition. At LCM Nationals one year, I had to change from my usual fly and IM events to the three breast stroke events.
3. Use fins or zoomers for all your swim training and do more kicking. A national record holder used this approach over ten years ago. Unable to do any training because of neck and shoulder problems, she implemented fin training for the entire

season. She made the switch to regular swimming several weeks before Nationals and swam some of her best times. Use more kicking—do sets of repeats and time them. Heart rates of 150-160 (depends upon your age) or at the anaerobic threshold and VO2 race speed, for your age, should be part of your kick training.

4. Use stretching and flexibility exercises to keep your range of motion.
5. Strengthen the rotator cuff with special exercises for the muscles involved. Since the rotator cuff muscles are small, you only need to use 2# to 5# weights. The emphasis should be on a high number of repeats, such as 3 sets of 25 repeats.
6. Use aspirin, ibuprofen, or naproxen as an anti-inflammatory.
7. IF THE PAIN PERSISTS, SEE YOUR PHYSICIAN. HE MAY REFER YOU TO AN RPT.. EXTREME PROBLEMS MAY REQUIRE SURGERY, AS A LAST RESORT.

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.

Coach's Corner: *Patience, patience, patience* by Coach Joe Biondi

In November's newsletter, I mentioned trying to be streamlined during your starts and push offs while swimming. If you tried the suggestion and had the PATIENCE to persevere, your starts and turn breakouts should be much improved.

As we endeavor to improve in swimming, golf, tennis or any other aspect of our lives we all want instant results.

In swimming, I find this instant gratification usually takes 2 to 6 months to change old habits (muscle memory). The general rule is it takes thousands of repeats of a particular motion to change or establish our muscle memory.

If it is a task we desire to improve, like a better streamline and break out for swimming, it must be done off every wall from



warm up to cool down. If a swimmer does 2000 yards a practice, that is over 400 opportunities to change the old sluggish push off to a great fast streamlined one. As your coach looks at your strokes and applies some of the new technology available, don't be discouraged if you do not adapt right away. Be PATIENT and continue to try the new technique and try not to fall back into the old muscle memory.

If you truly desire to be a student of your swimming. You should go to www.USMS.ORG and spend some time reading some of the articles. Every swimmer needs to know how to read a pace clock, and what your intervals are for different strokes and distances. Know your 25 yard stroke count for a 50, 100 and 200 free-style, backstroke, breaststroke or butterfly swim.

I hope you will continue to practice those great push off's, break outs and finishes. It is easy and will make you faster between those walls. If you have any questions pertaining to swimming, please do not hesitate to drop me an e-mail (coachjoeb@knology.net) and I will do my best to assist you.

Q & A: *What does USMS insurance cover, and when is it in effect?*

Question

Is my club's practice group insurance in effect if non-USMS members (including those who haven't yet registered for 2006) are in the water at the same time as registered USMS members at a practice?

Answer: No. General liability coverage is voided for everyone if the swimmers are intermingled unless (1) there is a lane separation between USMS and non-USMS swimmers and it is not a "combined" practice (a coach supervising both groups); (2) the non members are involved in the USMS-approved tryout period; (3) the non-members are USA Swimmers with a USAS-certified coach on deck.

Question

Does the USMS insurance program provide coverage for members who practice by themselves or who practice without someone actively supervising the workout?

Answer: No. In order for any coverage to be in place, a USMS member or a USA Swimming Certified Coach must be actively supervising the practice/organized workout.

Question

Can USMS insurance apply during practices or events if the supervisor is not a USMS member or USAS-certified coach?

Answer: No

Question

Does USMS insurance cover swimmers and coaches during supervised dry land exercises (Nautilus, free weights, running, strength training, etc.) away from the pool area?

Answer: Insurance would cover swimmers and coaches during supervised dry land exercises out of the pool area. The key word is *supervised*. The same requirements of supervision must be observed whether the swimmers are in or out of the pool during training periods.

Question

Does USMS provide any type of Auto Liability insurance for clubs or members?

Answer: No. Due to the number of members involved in USMS, it is impossible to obtain valid underwriting information for the coverage.

Question

Can Open Water events include both USMS and USA Swimming members without voiding each's insurance?

Answer: Yes. Because of the logistics involved in open water swimming events, both USMS and USA Swimming provide insurance for these events as long as all participants are members of either USMS or USA Swimming. Sanctions must be obtained from both organizations.

Question

Does USMS insurance provide any coverage to cover USMS coaches (i.e. Worker's Comp, health insurance, disability insurance)?

Answer: No. It is the USMS local member club's responsibility to purchase this coverage for its coach from a local insurance agent.

Question

Do USMS members have any Secondary Accident Coverage?

Answer: In the event of a USMS event related injury, USMS accident coverage may pay medical expenses incurred over the \$100 deductible which are reasonable and customary and which are not paid by the individual's Primary Health/Accident insurance provider. In order to obtain a claim form for this coverage, a Report of Occurrence must be received by Risk Management Services, Inc.

Question

What type of activities are excluded in the General Liability Insurance?

Answer: This is not an inclusive listing! Some excluded activities are competitions in diving, synchronized swimming, and water polo; diving from other than USMS-approved starting platforms or pool side. Visit the USMS web site for more.

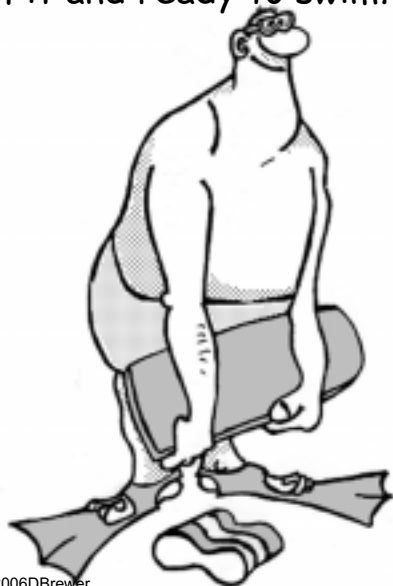
Eye on Fitness: *Swim outside the box – have a Goofy Meet*

Take a break from the regular routine of practices, have some fun, and get new and non-competitive swimmers involved and having fun. Have a goofy meet instead of a regular practice.

People who have fun in a goofy intramural meet are more likely to keep swimming and may even try a real meet later.

Most importantly, they will feel as though they're a member of the group rather than just one of the slow people in the lane furthest from the coach.

Fit and ready to swim?



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Here are some ideas for events that stress fun but which actually have some practical value. Do them as individual events, or break into teams and do them as relays.

Give prizes if you wish, but give one to everyone who participates. This should be a social and attitude adjustment affair, not a serious competition.

FEET-FIRST SWIM

Swimmers swim with their legs extended in front of them and toes at the surface of the water. Finish is feet touching the final wall.

Hidden benefit: it's a sculling drill which also taxes the abs.

SKY-HIGH SWIM

Swimmers must hold a kickboard 100% above the water's surface while swimming the entire length..

Hidden benefit: it's a great kicking drill where holding a streamlined position really helps

JOG FOR JOY

Jog the 25-yard length of the pool using an UNDERWATER arm recovery. Keep jogging into deep water even when it's too deep to touch, keeping the body in a vertical position.

Hidden benefit: lots of resistance forces joggers to find an efficient arm and

hand position to advance. Joggers will discover that a bent arm stroke is more efficient than straight arms, that a bent arm recovery is more efficient than a straight arm recovery, that rolling and extending the arm is more efficient than just extending, and that long strong strokes are more efficient than lots of short choppy ones.

GLIDE FOR GLORY

Swimmers dive off the wall and see how far they go before the head breaks the surface of the water – no kick, no scull, no wiggle, no touching the bottom.

Swimmers push off the wall, take one legal breaststroke pull down, and see how far they go before the head breaks the surface of the water.

Hidden benefit: streamlining– those who go the farthest will be those who streamline the best

CORKSCREW SWIM

Swimmers alternate freestyle and backstroke each stroke.

Hidden benefit: successful swimmers will extend for long strokes and develop a rhythmic breathing pattern.

PARAPHERNALIA SWIM

Swimmers simultaneously and continuously use kickboard, pull buoy, fins, and paddles in their intended manners.

Hidden benefit: none; it's just for fun.

Upcoming Florida Events

Information and entry forms for the following USMS-sanctioned events are on, or will soon be on, the Dixie Zone meets page (www.dixiezone.org/Meets.htm). Listed Senior Games are USMS-recognized and only for swimmers aged 50+.

Feb. 11-12	SUN Masters Valentine Meet (SCY)	Clearwater
Feb. 11	Florida LMSC Awards Banquet @ the Long Center	Clearwater
Feb. 24-26	Masters Challenge (SCY)	Ft. Lauderdale
Feb. 25-26	Polk County Senior Games (SCY)	Lakeland
Mar. 12	Good Life Senior Games (LCM)	Clearwater
Mar. 25	Caragol Masters Invitational (SCY)	Lauderhill
Apr. 7-9	St. Pete Masters Short Course Championships (SCY)	St. Petersburg
May 11-14	USMS Short Course Nationals (SCY)	Coral Springs
May 18-21 ...	Y Masters Nationals (SCY)	Ft. Lauderdale

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

Qualifying times

www.fina.org/SF2006_Qual.pdf

LMSC Meeting

The next Florida LMSC meeting is Saturday, April 8, in St. Pete at the conclusion of that day's last event.

Next Newsletter Deadline

The deadline for May newsletter submissions is **Monday, April 17**. Please email articles as .txt or .rtf and photos as .jpeg at 150 dpi to Dick Brewer (floridaswim@yahoo.com).

FLORIDA AQUATIC COMBINED TEAM

www.floridalmisc.org/FACT.html

by Joan Campbell

We've got a busy year ahead of us and since communication seems to be one of our major problems, we ask that everyone be aware of our web site and keep abreast of the announcements that we post there.

To start with, we have the Hour Swim this month and inclusion on the National relays of FACT depends on reporting the results of your hour swim to Coach Joe. PLEASE let him know as soon as possible if you have swum the Hour swim and any other postal swims, and we will enter relays. These are National events and are therefore paid for by the FACT team.

The Valentine's Meet and Dixie Zone Championships are at the Long Center in Clearwater February 11 and 12. This gives us an opportunity to compete as your individual chapters of FACT and to receive team awards as individual chapters. Please be sure that when you compete on a relay all other members of your relays are FACT members, regardless of their chapter affiliation.

The USMS Short Course Nationals will be held at Coral Springs this year, giving us an opportunity to field some super swimmers since we are "in the neighborhood." Please keep the entry dates in mind: postmarked by March 30, received by April 6. Online registration is available February 1. Watch for information on relay entries on the FACT site on floridalmisc.org. We will coordinate the relays as soon as possible after entries close.

Since our last newsletter, the 10K USMS Open Water Championship, postponed because of hurricanes, was held in Fort Myers. Melissa Varlas was the overall women's winner, competing in the 30-34 age group. Ruth Monning took 2nd in the 40-44 age group, Tom Rawls won the 35-39, Mark Drennen and Tom Schwartz were 1 - 2 in the 45-49, and Rick Walker took 1st in the 55-59.

It came to my attention during the past few months that among our super athletes are some unrecognized triathletes. As chapter athletes, they are normally recognized by their individual clubs; however, some of these are registered as FACT/Unattached and it is hard for us to follow their accomplishments. Among these "super" athletes is Pat Hoffman who last year earned NINE first places in triathlete series as a 55-59 age grouper. At the USAT World Championship ITU Aquathlon she took second place, and at the National Senior Olympic Triathlon in June she was a winner.

Those of you who are not affiliated with a Chapter, please make sure you let me know of your accomplishments! We are happy to recognize you.

The World Championships in Stanford are quickly approaching. Many of us are in heavy training for the events and we have already made reservations, both room and plane. This promises to be a very large meet and the sooner we prepare the better. All the information you need is available at 2006finamasters.org. Note that the relays must be entered along with the individual entries

and all members must be associated with the same club (i.e. FACT). Keep your eye on our news items as the time approaches.

The 3000/6000 Postal Results had some top finishes by FACT members. Beth Wonicker-Cook was 9th in the 35-39 age group and Meegan Wilson was third in the 55-59 group. Their 35+ 3x3K relay along with Nancy Benchoff placed third. Beverly Tucker placed fifth in the 70-74 group, Joan Campbell won the 75-79 age group with a new national record, and Nancy Durstein was second in the same group. Their 65+ relay placed second. The men also did well with Jim Simpson and Glenn Woodsum taking seconds in the 45-49 and 55-59 age groups respectively. Ken Iczkowski and Peter Nicodem both placed tenth in their age groups. The 35+ men's team of Iczkowski, Dan Mullett, and David Groisser placed fourth, and the 4x3K 35+ mixed relay with Iczkowski, Mullett, Wonicker-Cook, and Wilson placed second. Chris Connor was the only 6000 competitor and took 2nd in the 30-34 age group.

Let's see more participation in the next Postal! In the recent 3000/6000 United States Masters Postal Championship, six women and four men informed Coach Joe of their swimming the 3000 and one of the 6000. However, we had a total of eight men that swam the 3000. Here are some interesting facts:

- 1 We placed 5th in combined team
2. We placed 9th in men's team
3. We placed 3rd in women's team
4. 35+ women's relay placed 3rd
5. 65+ women's relay placed 2nd
6. 35+ men's relay placed 4th
7. 35+ mixed relay placed 2nd

Although the team standings would not have changed because relays do not figure in team results, had the other four men sent their results to Coach Joe, a Men's 45+ age group relay would have been a National Championship Relay with National Championship medals and a USMS National Championship Patch. WOW!

And a Men's 55+ age group relay would have had a second place finish and 2nd place National Championship Medals.

Tabulating the mixed relay with the additional male swimmers would not have changed the placing of the relays, but it would have made them up to 8 minutes faster.

One of the reasons that the Florida Aquatic Combined Team (FACT) was formed was the ability to form competitive relays. Some teams do not have enough competitive swimmers to form a relay. Most of the swimmers were from different chapters of FACT, but by combining it would have made a difference. Not all swimmers will win an individual event, but we can combine to have these great relays. FACT has some awesome distance swimmers.

Ergo, if you want to have some awesome relays, Coach Joe has to be informed so he can put them together and send them in. You know who the distance animals are on your team. Encourage them to participate in the events. Volunteer to help organize a Saturday morning or during a practice swim, GET THE TEAM INVOLVED.

We had a 1 hour swim the month of January and I would like to see us do better than the 13th place from last year. GET ME YOUR RESULTS BY THE 10th OF FEBRUARY AND I WILL GET THE RELAYS TABULATED AND SENT IN. (I'm not yelling, just emphasizing)

FLORIDA MAVERICK MASTERS

St. Petersburg
www.maverickswim.org

by Paul Hutinger

The Mavericks were well represented in the 5 and 10 Kilometer postal, swum during the summer in 50 meter pools and the 3000/6000 Yard Postals, swum during the fall in 25 yard pools.

In the 5K, Ruth Thompson, 55-59, placed 4th; while in the 65-69 age group, Patricia Bond was 2nd and Doris Prokopi, 4th. In the grueling 10K, Thompson was 3rd and Prokopi was the National Champion in her age group.

In the 3000 Yard event, Robert Blake, 80, established a new National Record, swimming it in 48 minutes and 20.33 seconds. Victoria Coleman, placed 18-24, 8th; Thompson, 8th; Bond, 3rd; Prokopi, 7th; Margie Hutinger, 65-69, 8th; Ruth Hoskinson, 75-79, 3rd; Robert Collum, 50-54, swimming in his first Masters meet, 10th; Westling, 55-59, 20th and Richard Criche, 65-69, 6th. Our combined team placed 10th. The stalwarts who survived swimming 6000 yards included Coleman and Thompson, 2nd; Prokopi and Criche, 3rd and Collum, 4th. Our combined team placed 5th.

Florida State Senior Games - Although the temperature was brisk and the winds were apt to howl, the outdoor pool was the scene of close and swift races. Doris Prokopi was recognized for extending her medal-winning streak to 13 consecutive years. Our other active seniors included Herbert Alvarado, Patricia Bond, Harold Miller, James Pitts, Charles Schlegel, Thompson, Charles Weatherbee and Robert Williams.

Swimming on the internet...

Meet information & entries www.dixiezone.org/Meets.htm

Florida LMSC www.floridalmsc.org

Dixie Zone www.dixiezone.org

United States Masters Swimming www.usms.org

F.I.N.A. www.fina.org/masters/masters_index.htm

USA Triathlon www.usatriathlon.org

USA Triathlon / Florida www.usat-florida.com

Links to...

USMS zone/LMSC web sites www.floridalmsc.org/Links.html

Dixie Zone club web pages www.dixiezone.org/news_links.html

Submissions for May LMSC newsletter

- text: send as .txt, .rtf, or as text in an email
- photos: send as .jpg, resolution of 150 dpi, and maximum width of 6 inches
- send to: Dick Brewer at 1d945b@earthlink.net & Flavia Zappa at wellingtoniv@hotmail.com
- send by: Monday, April 17, 2006

SAN CARLOS MERRY MINNOWS

Estero & San Carlos Park
www.minnows.info

by Dick Brewer

Between hurricanes, cool weather and water, and our San Carlos pool being drained for repairs and maintenance, it's been a rather subdued fall and winter.

Two Minnows were sporadically active. Randy Magin had pb's in all seven of his first SCM events at the Coral Springs Holiday Classic in November and followed those with two more pb's at the state senior meet at The Villages in December.

Dick Brewer had pb's in the 400 and 800m freestyle events at Coral Springs and swam his first 5K open water swim at the Tropical Splash in Venice; he was the oldest swimmer in the 5K competition, finished ahead of his target time, and was third overall male way behind Rick Walker (FACT) and Tim Erickson (GOLD).

We ended the year before our pool closed for repairs with a Christmas morning swim and were joined by Jim Palmere from SWIM and Sylvia Eisele from FACT-SWIM. Jim and Dick then ushered in 2006 with a New Year's morning swim in the just-filled pool — a very crisp and refreshing way to start the year!

For 2006 we've joined the new Sarasota Masters Swim Team but will retain our "minnowness."

SARASOTA MASTERS SWIM TEAM

Sarasota, Fort Myers, Naples

The Sarasota Masters Swim Team is the ORIGINAL Sarasota team. It was formed back in the 70's and has undergone many name changes over the years including Suncoast Masters and Swim Florida. We are also a FACT chapter, with members from Naples to Sarasota.

Edna Gordon recently celebrated her 79th birthday, but thought that asking her teammates to do 79 100's might end some life-long friendships. Instead she did a SANTA workout, where each letter represented a different set. (Swim 6 x 100, Alternate breathing for a 400, etc.) What fun! Afterwards, pizza and beer as always!

Deb Walker recently received a Certificate of Congressional Recognition from Kathryn Harris. A representative of her office visited her school where she taught and presented her with the award that acknowledged her positive contributions to the community through the sport of swimming.

Deb also received the coveted Dorothy Donnelly Award from USMS for her dedication and contributions to the sport of Masters Swimming.

SARASOTA Y SHARKS MASTERS

Sarasota

by Rick Walker

The 5th Annual New Year's Day Swim Across Big Pass was held January 1 on Siesta Key. A group of 18 hearty members of the Sarasota Y Sharks Masters ventured into the gulf under generally sunny skies along with water temps in the mid sixties.

The swim is a round trip of only about 400 yards but the tricky part is the wicked current and the fact that the Pass is a major boat thoroughfare. Many thanks to our power boat captain Gary Trimble and kayakers Deanna Doyle-Vallery and Lifeguard Bob who kept everyone safe. Only one incident was reported as Barnacle Bill Detra got swept into the dock but was quickly extracted by Tommy Schwartz. Wear your contacts next year Bill, please. Most of the group retired to Siesta Village for food and big boy pops and a little relaxation to bring in the New Year.

In the pool, the team has been working hard with an eye towards our focus meet, Y Nationals in May. As of February 1, we are adding new practice times at the Y, 6:30-8 PM coached by Gary Trimble. This gives us a total of 6.5 hours of pool time M-F at our first class Y facility.

ST. PETE MASTERS

St. Petersburg

www.stpetemasters.org

by Christine Swanson

In November, SPM held its bi-annual elections for club officers. Kern Davis has taken the helm of SPM after many years under the leadership of Harold Ferris. We want to thank Harold for his service to the club as President. He continues to be a board member of the club for the next two years.

Kern has just finished his best open water and long distance season since joining SPM back in the early 1980's. Hopefully 2006 will prove another strong season for Kern and all his SPM team members.

We are currently planning our spring SCY Championship meet at North Shore pool. The entry form is in this issue of the LMSC newsletter (pp. 11-12). We will have copies available at the Valentine's meet and also on-line at www.dixiezone.org/Meets.htm.

At the time of our spring meet we anticipate swimmers will need to use the temporary pool entrance at the SE corner of the facility (by the bay). Everyone competing or attending the meet will be able to see the progress of the new 25yd x 25m pool. We look forward to the time when we can host an inaugural SCM event

– hopefully this fall if construction stays on track.

On a sad note: we were saddened by the loss of Richard Avery, a long time team member. He passed away on October 31st in Sun City Center. We will miss his friendly smile and encouraging words on the pool side as the 2006 season starts up again with the Valentine's Day meet in Clearwater.

SUN MASTERS

Clearwater & Dunedin

www.floridalmsc.org/SUN.html

by Pat Crow

New Years Day Swim for Pinellas County Special Olympics

Sun Masters netted \$640 this year. The P.C. Special Olympics are very thankful for our yearly contribution. We all had a great time at the Palm Harbor Ale House afterwards with Bob LaVanture and the Ale House generously supporting us with food and drink and celebration of the Buc's Division championship game. This is the 6th year for our Benefit and we've been assured that it will be an annual event at the Long Center so make sure you all mark your calendars accordingly.

Valentine's Meet- Feb 11-12, 2006

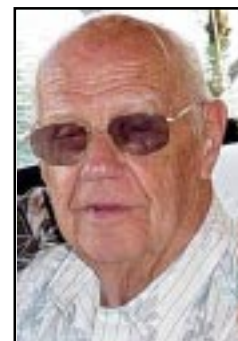
SUN Masters are hosting the Valentine's Meet at the Long Center and will be the **Dixie Zone SCY Championships**. The **LMSC Awards Dinner** will take place at the Long Center on Saturday after the meet. The City of Clearwater and St Petersburg/Clearwater Sports Commission are co-sponsoring the meet along with SUN Masters. It should be a great meet in the newly renovated Long Center Athletic facility.

Schofield in Aquatics Hall of Fame

Elliott Schofield was inducted into the Greenwich, Connecticut, Aquatics Hall of Fame on January 21. Elliott started swimming as a child. In 1972 he joined USMS and since has participated in many pool and open water events with distance swims being his specialty.

A few of his aquatic accomplishments are completing the 28.5-mile swim around Manhattan (1984), swimming in the World Masters Championships (1988, 1992, 1994, 1996) with finishes as high as second in the world, being a two-time winner of the Tampa Bay 5K Challenge (1997, 1998), being named USMS All-American in the 5K (1995) and the 1-mile (1995).

Elliott has used his love of swimming, athletic ability and compassion for others to raise money for many charitable causes. He has said that he performs best when there is money on him. You can be sure that we'll bet on him going the distance – at the age of 84, replacement parts and all!"



News from Around the LMSC

3000 USMS Postal Championship

Five SUN Masters entered the USMS 3000-yard Postal Championships. **Joan Campbell**, 75-79, won her age group and set a new American record. **Nancy Durstein** was close behind, finishing second. **Bev Tucker** finished fifth in her age group, and the three teamed up to take second place in the 3x3 relay in the 65+ age group. **Beth Wonicker-Cook** placed ninth in her age group and was part of two different relays (3x3 and 4x3) for FACT, placing third and second respectively.

Florida State Senior Games December 2005

Four SUN Masters competed in the Florida State Senior Games at The Villages. **Don Puchalski** took gold in all six of his events; **Dave Gifford** received three golds, two silvers, and a bronze; **Nancy Durstein** earned one gold medal, three silvers, and a bronze in her five events; and **Joan Campbell** received four gold medals and two silvers.

Good Life Games

The **Good Life Games LCM Swim Meet** will be held at the Long Center on March 12.

VILLAGES AQUATIC SWIM TEAM

The Villages

by Susan Schuerman

Swimmers win 133 Medals at State Senior Games

Forty eight members of the Villages Aquatic Swim Team won 133 medals, 39 gold, 52 silver and 42 bronze, at the State of Florida Senior Games Finals. The 28 women swimmers won 85 medals and the 20 men won 48. Nate Leech set 5 new State of Florida records and Susan Schuerman set one new state record.

VAST in Gainesville Senior Games

Thirty-one swimmers from The Villages Aquatic Swim Team (VAST) improved their competitive skills at the Gainesville Senior Games. The one day swim meet was held in the Stephen O'Connell Center at the University of Florida. VAST took home a total of 101 medals, 46 gold, 33 silver and 22 bronze. This meet was to prepare and qualify for the 2005 Florida Senior Games State Championships hosted by VAST on December 3-11, 2005.

Gainesville Sr Games (bottom photo)

Back Row L to R: Dave Castle, Bill Muir, Steve Hendrickson, Joe Rowan, Martha Pfeiffer, Bob Mraovich, Mary Rose Rowan, Joyce Hutchinson, Marti Frain, Tim Kelly, Nate Leech, Dave Gibson, Gary Henderson (Coach), Marilyn Amendola, John Cornell

Middle Row L to R: Rae Ellen Suttie, Dianne Castle, Jane Dulieu, Pat O' Sullivan, Irma Klimach, Ellen Brown, JoJo Gutfran, Anne Talbot, Shirley Fishlock,

Front Row L to R: Susan Schuerman, Gloria Galbreath, Sally Stocks, Kathy O'Leary, Marguerite Muller, Alice Kelly, Anne Lambrecht

News bulletins...

Tiger Holmes back in the water

Swimming legend and Holmes Lumberjax founder Tiger Holmes is recovering well, gaining weight and strength, and tries to swim three times a week. He continues to progress although he wishes it would happen sooner. His daughter Mary Roebuck thanks all for their good wishes and prayers.

FACT organizational meeting set for February 11

The Florida Aquatic Combined Team (FACT) will have a half hour organizational meeting immediately following the Florida LMSC Awards Banquet in Clearwater on February 11. Please have a representative from your FACT chapter present.

Registration/entry deadline for SCY Nats, St. Pete

The Florida LMSC registrar will be away from March 17 through March 25. Deadlines for mailing entries for the USMS SCY Nationals in Coral Springs and for the St. Pete Masters SCY Championships are the following week.

So if any swimmers you know have procrastinated about sending in their 2006 USMS registration and are planning to go to either meet, let them know their registrations must be submitted soon or they won't have them back in time to enter meets.



2006 Florida LMSC AWARDS BANQUET

Saturday, February 11, 2006, at the Long Center, Clearwater

in conjunction with the February 11-12 SUN Masters/City of Clearwater Valentine Meet

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

The second floor banquet room at the Long Center will open at approximately 4:45 PM followed at 5:30 PM by the buffet dinner. The awards presentation follows the dinner, and all should be over by around 7 PM.

Spouses, significant others, and guests are welcome. Dress is casual.

Recognizing the Best in 2005

Most Valuable Swimmers of the Year

Awarded to one male and one female distance swimmer and one male and one female pool swimmer.

Outstanding Swimmers of the Year

Awarded to three male and three female distance swimmers and three male and three female pool swimmers.

Frank H. Tillotson Award

Awarded to a swimmer who has made outstanding contributions to his or her own team, to the Florida LMSC, Dixie Zone and/or USMS, and to the general swimming community beyond Masters.

Overcoming Adversity Award

This award recognizes a Florida LMSC Masters swimmer who has overcome adversity and who provides inspiration to all while pursuing swimming.

Leather Lungs Award

LMSC swimmers who have completed all individual events in short course yards, long course meters, short course meters, and/or all five USMS postals will be recognized for their superior efforts.

Criteria for all awards, past winners, and procedures and deadlines for nominating swimmers for the Frank H. Tillotson and Overcoming Adversity Awards are posted on the Florida LMSC web page (www.floridalmsc.org)

General Information

Adult Menu (\$16 per person)

Chicken Marsala, vegetable lasagna, tossed green salad, Waldorf salad, rice pilaf, California vegetable blend, rolls and butter, iced tea/ coffee/lemonade, dessert table with assorted pies (cash bar before dinner)

Children's Menu (\$9 per child 12 & under)

Chicken strips and fries

Reservations

Reservations are required and must be received by the meet entry deadline (Friday, February 3). Mail reservations (include your name, email address or phone number, and the number of adult and children's reservations) and checks made out to **Florida LMSC** to Meegan Wilson, 620 NW 27th Way, Gainesville FL 32607. Reserved dinner tickets may be picked up at the door. A few extra tickets will be sold at the door, but there is no guarantee of availability of food.

FLORIDA LMSC RECORDS

Relay Long Course Meters (as of 9/30/05)

	200 FREE-WOMEN	200 MEDLEY-WOMEN	400 FREE-WOMEN	400 MEDLEY-WOMEN	800 FREE-WOMEN
72+	2:09.89 Booth, Markese, Truhol, Cullen SPM-86	2:27.05 Burger, Braciak, Truhol, Booth SPM-87			
100+	1:53.20 Holmes, Halfacre, Mauer, Bucher HLJ-88	2:06.67 Mauer, Walker, Bucher, Holmes HLJ-88	4:44.86 Valle, Flanagan, Trompke, Forkois SPM-02	5:20.15 VanDerMolen, Visser, Habecker, Sirbu ORLM-97	
120+	1:55.70 Summers, Shonkwiler Nauta, Petersen SPM-98	2:08.97 Lane, Summers, Orlando, Petersen SPM-98	4:50.91 Abraham, Stott, A'strong, Bellflower SPM-97	4:53.42 Keller, Lense, Seaman, S'wiler ORLM-97	9:44.01 Seaman, keller, Matsuzaki, S'wiler ORLM-97
160+	2:05.76 Schmidt, Lambke, Page, Hoppenrath SPM-92	2:23.16 Stefanick, Lambke, Flanagan, Page SPM-91	4:41.68 Orlando, Powell, Tibma, Nauta SPM-97	5:26.44 Nauta, Orlando, Tibma, Powell SPM-97	10:20.09 Nauta, Orlando, Tibma, Powell SPM-97
200+	2:13.96 Roper, Spangler, Roebuck, Carr HLJ-90	2:31.92 Powell, Bronwich, Page, Lambke SPM-97	5:13.92 Page, Bromwich, Lambke, Kelly SPM-97	6:05.11 Brewer, Bromwich, Lambke, Page SPM-97	14:15.47 K-Perry, Lambke, Bromwich, Steer SPM-95
240+	2:40.89 Tullman, Homans, Troy, Vaughn FMM-04	3:08.26 Homans, Vaughn, Bayers, Troy FMM-04	7:09.38 Knight-Perry, Steer, Piper, Bromwich SPM-02	8:24.26 Hutinger, Prokopi, Reynolds, Mitchell SPM-95	13:12.45 Bromwich, Steer, Carr, Lambke SPM-97
280+	2:56.10 Kenner, Tullman, Homans, Carr FMM-02	3:35.94 Zint, Carr, Glaraton, Sullivan HLJ-94	7:57.85 Steer, Schimpf, Reynolds, Carr SPM-97	9:06.33 Reynolds, Steer, Carr, Schimpf SPM-97	17:09.51 Hutinger, Carr, Prokopi, Tullman FMM-05
320+	3:46.42 Schimpf, Zint, Reynolds, Carr FMM-02		8:57.69 Schimpf, Hughes, Reynolds, Carr FMM-02	10:19.75 Hughes, Reynolds, Troy, Schimpf FMM-02	19:29.28 Schimpf, Hughes, Reynolds, Carr FMM-02

	200 FREE-MEN	200 MEDLEY-MEN	400 FREE-MEN	400 MEDLEY-MEN	800 FREE-MEN
72+	1:42.54 Burns, Carr, Mital, Zarka TEAM-93	1:54.94 Burns, Constantini, Stelle, Zarka TEAM-93			
100+	1:40.69 Smith, Barton, Hoffman, Eaton SPM-97	1:50.79 Hoffman, Smith, Barton, Eaton SPM-97			
120+	1:37.69 Parnelle, Haase, Combs, Merritt ORLM-95	1:52.80 Specht, Galloway, Barton, halfast SPM-99	4:03.05 Frazier, Hempel, Freeman, Barton SPM-97	4:50.75 Milligan, Hempel, Bastie, Barton SPM-97	9:49.78 Quillen, Murphy, Dawson, Gornito GSC-01
160+	1:39.27 Dilley, Miltenberger, Abrahams, Garton HLJ-90	1:56.96 Buresh, Halttunen, Specht, Forrestel SPM-97	3:55.55 Black, Woodsum, Williams, Schlak ATAC-00	4:40.43 Black, Schlak, Williams, Woodsum ATAC-00	9:18.31 Frazier, Bastie, Atkins, Kennedy SPM-97
200+	1:49.98 Carroll, Ruel, Hawkins, Calvert FACT-05	1:59.68 Brewer, Stollmeyer, Shea, Stegeman SWIM-97	4:38.87 Nickodem, Nagle, Siragusa, Pillmore HLJ-03	5:12.54 Smith, VanDerVeen, Freeman, Kennedy SPM-97	10:09.72 Walker, Redic, Sweeting, Vazmina SWIM-01
240+	2:08.03 Rodenfels, Stollmeyer, Redic, Nickodem FACT-04	2:18.91 Hawkins, Wiedamann, Redic, Stollmeyer FACT-04	5:09.85 Welpott, Mann, W'herbee, Beattie ORLM-97	6:10.46 Hutinger, MacDonald, Kurtzman, Maloney FMM-97	11:55.04 Walker, Neal, Hickey, Rodenfels FACT-05
280+	2:29.30 Avery, Beach, Kohnken, Smith SPM-98	2:38.18 Hutinger, MacDonald, JKurtzman, Maloney FMM-99	5:47.69 Euler, Torsney, Kohnken, Beach SPM-02	8:26.16 Hutinger, MacDonald, Browne, Ragan FMM-05	12:49.94 Beach, Kohnken, Torsney, Euler SPM-02
320+	2:46.81 PHutinger, Cleaveland, JKurtzman, Blake FMM-03	3:00.89 Hutinger, Cleaveland, JKurtzman, Blake FMM-03			

	200 FREE-MIXED	200 MEDLEY-MIXED	400 FREE-MIXED	400 MEDLEY-MIXED	800 FREE-MIXED
72+	1:51.05 Burns, Wise, Sollee, Carr TEAM-93	2:02.88 Constantini, Farr, Burns, Sollee TEAM-93	4:37.74 Murphy, DSirbu, Habecker, White ORLM-97		
100+	1:46.89 Eaton, Stone, Summers, Barton SPM-97	2:00.53 Hoffman, Stone, Summers, Eaton SPM-97		5:02.12 VanDerMolen, White, Habecker, Korey ORLM-97	
120+	1:50.58 Tibma, Barton, Moses, Halfast SPM-99	2:03.67 Tibma, Orlando, Specht, Halfast SPM-99	4:15.33 Orlando, WHempel, Nauta, Barton SPM-97	4:46.63 Clafin, Drake, Loackaby, Ozolina FACT-05	9:03.87 Seaman, Shonkwiler, Scray, M'Heimer ORLM-97
160+	1:48.26 M'ltnberger, Seaman S'wiler, M'heimer ORLM-97	2:02.49 S'wiler, M'tenberger, Seaman, M'heimer ORLM-97	4:02.04 Seaman, M'tnberger, S'wiler, M'heimer ORLM-97	4:41.21 S'wiler, M'tenberger, Seaman, M'heimer ORLM-97	9:42.98 Halfacre, Nixon, Bergdoll, Perout 300-97
200+	2:01.86 Bastie, Page, LPowell, C'rington SPM-98	2:18.72 Betzer, Bronwich, Bastie, Page SPM-97	5:15.72 Kelly, VanDerVeen, Lambke, Marzulli SPM-97	5:37.47 Gilligan, Donnelly, Grossman, Dean FACT-05	10:55.35 Walker, Cartee, Soderstrom, Ley SWIM-03
240+	2:22.31 Walker, Papp, Dendy, Glancy SMS-93	2:46.26 Gilligan, Eisele, Geer, RWalker SWIM-00	5:58.57 Smith, Ferris, Carr, Bromwich SPM-97	7:01.15 Avery, Bromwich, Torsney, Steer SPM-97	12:38.05 Geer, Gilligan, Garbus, Redic SWIM-00
280+	2:29.40 Weatherbee, Tullman, Carr, Maloney FMM-02	2:53.93 Kenner, AKurtzman, JKurtzman, Troy FMM-99	5:45.38 Troy, Carr, Browne, Hopkins FMM-05	7:08.71 Lathi, Weatherbee, Tullman, Troy FMM-03	12:54.80 Troy, Macdonald, Tullman, Browne FMM-03
320+	3:24.19 Luke, Zint, Kenner, Cleaveland FMM-02	3:33.41 Kenner, Zint, Maloney, Cl'vland FMM-02	7:39.20 Schimpf, Williams, Troy, Cl'vland FMM-03	8:38.28 PHutinger, Zint, M'Donald, Reynolds FMM-03	18:22.91 Reynolds, Zint, PHutinger, Williams FMM-03

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 yo have questions, call Margie Hutinger at 727-521-1172 or email 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

Women's Long Course Meters (as of 9/30/05)

50 FREE			100 FREE			200 FREE			400 FREE			800 FREE		
19-24	27.42	Heather Skaggs SPM-02	1:00.16	Heather Skaggs SPM-02	2:14.20	C.Watkins ORLM-03	4:47.31	Maureen Jones SMS-86	10:32.52	Holly Detra FACT-05				
25-29	27.50	Mary Holmes HLJ-88	58.97	R.Seaman HLJ-87	2:09.66	Mary Holmes HLJ-88	4:31.02	Mary Holmes HLJ-88	9:18.74	Mary Holmes HLJ-88				
30-34	27.44	R.Seaman HLJ-89	1:00.36	R.Seaman HLJ-89	2:10.63	Mary Roebuck HLJ-94	4:34.04	Mary Roebuck HLJ-94	9:24.87	Mary Roebuck HLJ-94				
35-39	28.26	Mary Roebuck HLJ-98	1:00.25	Susan Halfacre HLJ-88	2:09.33	Susan Halfacre HLJ-88	4:33.08	Susan Halfacre HLJ-88	9:24.54	Susan Halfacre HLJ-88				
40-44	28.64	Martha Martin HLJ-88	1:03.02	C.Petersen SPM-04	2:13.38	C.Petersen SPM-04	4:40.36	C.Petersen SPM-04	9:39.53	C.Petersen SPM-04				
45-49	30.32	Jean Bancks HLJ-02	1:05.90	Jean Bancks HLJ-01	2:24.47	Susan Halfacre 300-97	5:07.09	Susan Halfacre 300-97	10:39.38	Susan Halfacre 300-97				
50-54	30.87	Pat Sargeant FACT-05	1:06.02	Susan Halfacre GSC-02	2:26.27	Susan Halfacre GSC-02	5:05.16	Susan Halfacre GSC-02	10:55.74	Susan Halfacre GSC-02				
55-59	33.95	Anne Page SPM-04	1:16.37	Jayne Lambke SPM-94	2:49.54	Jayne Lambke SPM-94	6:01.43	Jayne Lambke SPM-94	12:36.62	Jayne Lambke SPM-94				
60-64	34.97	Jayne Lambke SPM-99	1:19.52	Jayne Lambke SPM-99	2:58.92	Jayne Lambke SPM-99	6:25.33	Jayne Lambke SPM-99	13:21.21	Jayne Lambke SPM-99				
65-69	38.15	Pat Tullman FMM-02	1:24.27	Pat Tullman FMM-02	3:07.68	Florence Carr HLJ-90	6:30.19	Florence Carr HLJ-90	13:50.69	Florence Carr HLJ-90				
70-74	38.02	Jean Troy FMM-00	1:25.89	Florence Carr SPM-95	3:10.42	Jean Troy FMM-99	6:54.91	Jean Troy FMM-00	15:07.83	Florence Carr SPM-95				
75-79	37.48	Jean Troy FMM-02	1:28.07	Jean Troy FMM-02	3:17.42	Jean Troy FMM-03	6:55.62	Jean Troy FMM-02	14:16.39	Jean Troy FMM-03				
80-84	40.45	Florence Carr FMM-05	1:40.80	Florence Carr FMM-05	3:55.25	B.Cederlund SPCO-02	8:06.90	B.Cederlund SPCO-02	17:00.19	B.Cederlund SPCO-01				
85-89	1:03.10	Gertrud Zint FMM-03	2:27.02	Kay Schimpf FMM-02	5:03.57	Kay Schimpf FMM-02	10:44.19	Kay Schimpf FMM-02	21:33.20	Kay Schimpf FMM-02				
90-94														
1500 FREE			50 BACK			100 BACK			200 BACK			50 BREAST		
19-24	19:13.40	Maureen Jones SMS-86	32.10	Heather Skaggs SPM-02	1:10.40	A.Crowe FAST-99	2:32.31	A.Crowe FAST-99	37.12	Elizabeth Sollee TEAM-93				
25-29	18:13.30	Mary Roebuck HLJ-90	31.88	Tanya Lane SPM-98	1:08.44	Michelle Falls JUN-83	2:28.54	Tanya Lane SPM-98	34.36	R.Seaman HLJ-87				
30-34	18:12.67	Mary Roebuck HLJ-94	34.19	V.Richardson IRCC-97	1:12.99	Melissa Varlas SPM-04	2:35.03	Melissa Varlas SPM-04	36.61	Carol West TDY-97				
35-39	19:05.22	C.Petersen SPM-99	33.23	Sylvia Buxton FACT-04	1:14.27	Sylvia Buxton FACT-04	2:38.65	C.Petersen SPM-03	36.95	R.Seaman ORLM-97				
40-44	20:30.28	Wanda Brown BRAT-97	34.58	C.Shonkwiler SPM-00	1:16.47	J.Stefanik SPM-92	2:39.91	C.Petersen SPM-04	38.16	Deb Walker SPM-92				
45-49	20:14.33	Susan Halfacre 300-97	36.48	Susan Halfacre 300-97	1:21.28	D.Doyle-Vallery UNA-04	2:58.69	Jean Bancks HLJ-03	38.67	Deb Walker SWIM-97				
50-54	20:43.17	Susan Halfacre GSC-02	35.51	Susan Halfacre GSC-02	1:18.30	Susan Halfacre GSC-02	2:56.62	Susan Halfacre GSC-02	38.47	Deb Walker FACT-05				
55-59	24:33.26	Jayne Lambke SPM-95	44.25	Lynn Cartee SWIM-03	1:34.24	Lynn Cartee SWIM-03	3:22.29	Lynn Cartee SWIM-03	42.08	Meegan Wilson 300-03				
60-64	25:34.74	Jayne Lambke SPM-99	46.60	Marg Morrison SPM-83	1:44.06	Patricia Bond FMM-01	3:41.36	Patricia Bond FMM-01	47.23	E.Bromwich SPM-02				
65-69	26:18.31	Florence Carr HLJ-90	45.90	Ann Champ FMM-00	1:40.16	Ann Champ FMM-00	3:33.24	Ann Champ FMM-00	48.39	Sylvia Eisele SWIM-97				
70-74	28:04.11	Elizabeth Kirby FACT-04	44.53	B.Cederlund SPCO-92	1:43.63	B.Cederlund SPCO-94	3:50.83	Regan Kenner FMM-97	49.69	Sylvia Eisele SWIM-00				
75-79	27:09.75	Jean Troy FMM-03	46.98	B.Cederlund SPCO-97	1:46.70	B.Cederlund SPCO-97	3:59.73	Regan Kenner FMM-00	48.69	Sylvia Eisele FACT-05				
80-84	35:02.14	B.Cederlund SPCO-01	46.39	B.Cederlund SPCO-02	1:48.64	B.Cederlund SPCO-02	3:59.73	B.Cederlund SPCO-02	1:03.28	Regan Kenner FMM-03				
85-89	40:59.00	Kay Schimpf FMM-02	1:10.42	Gertrud Zint FMM-03	2:40.03	Gertrud Zint FMM-02	5:43.06	Gertrud Zint FMM-01	1:10.13	Gertrud Zint FMM-02				
90-94														
100 BREAST			200 BREAST			50 FLY			100 FLY			200 FLY		
19-24	1:22.11	Elizabeth Sollee TEAM-93	3:02.23	C.Hamilton SPM-98	29.53	Heather Skaggs SPM-03	1:05.28	Heather Skaggs SPM-02	2:36.49	S.Brownstein SPM-88				
25-29	1:18.31	R.Seaman HLJ-87	2:54.09	Tanya Lane SPM-98	28.79	R.Seaman HLJ-87	1:03.91	R.Seaman HLJ-87	2:35.01	Linda Neary HLJ-92				
30-34	1:20.21	R.Seaman HLJ-89	2:56.34	Maud Orlando DLNM-96	29.92	R.Seaman HLJ-89	1:05.83	Melissa Varlas FACT-05	2:23.35	Melissa Varlas FACT-05				
35-39	1:22.46	Deb Walker SMS-87	3:00.05	Deb Walker SMS-88	29.27	Susan Halfacre HLJ-88	1:05.39	Susan Halfacre HLJ-88	2:35.71	Karen Becker CVST-02				
40-44	1:22.72	Deb Walker SMS-92	3:03.11	Judy Tibma SPM-99	30.54	Martha Martin HLJ-87	1:10.22	Martha Martin HLJ-86	3:01.38	Maureen Jones FACT-04				
45-49	1:23.54	Deb Walker SWIM-97	3:01.69	Deb Walker SWIM-97	32.49	Susan Halfacre 300-97	1:18.23	Tricia Moses SPM-04	3:13.41	B.Hoellen HLJ-86				
50-54	1:27.07	Deb Walker SWIM-03	3:10.20	Deb Walker SWIM-03	34.12	Susan Halfacre GSC-02	1:17.18	Anne Grams DBMS-98	2:59.46	Anne Grams DBMS-98				
55-59	1:34.91	Meegan Wilson FACT-04	3:25.08	Meegan Wilson FACT-04	36.78	Anne Grams FACT-04	1:33.41	Jayne Lambke SPM-94	3:32.63	Jayne Lambke SPM-95				
60-64	1:38.70	E.Bromwich SPM-02	4:03.90	J.Piper SPM-98	40.28	Jayne Lambke SPM-99	1:39.63	Jayne Lambke SPM-99	4:20.08	Nancy Durstein CATM-93				
65-69	1:49.24	Sylvia Eisele SWIM-97	4:02.86	Sylvia Eisele SWIM-97	43.55	Florence Carr HLJ-90	1:54.31	Pat Tullman FMM-02	4:07.93	Sylvia Eisele SWIM-97				
70-74	1:51.69	Sylvia Eisele SWIM-00	4:03.64	Sylvia Eisele SWIM-00	46.47	Florence Carr SPM-95	1:55.57	Jean Troy FMM-00	4:13.41	Sylvia Eisele SWIM-00				
75-79	1:57.62	Sylvia Eisele FACT-04	4:24.58	Sylvia Eisele FACT-04	47.74	Jean Troy FMM-02	1:58.51	Jean Troy FMM-02	4:38.66	Sylvia Eisele FACT-04				
80-84	2:19.06	Regan Kenner FMM-03	4:56.18	Regan Kenner FMM-03	1:01.09	Florence Carr FMM-05	2:32.29	June Reynolds FMM-02	6:05.25	June Reynolds FMM-03				
85-89	2:47.09	Gertrud Zint FMM-02	6:12.98	Gertrud Zint FMM-02	1:27.40	Gertrud Zint FMM-02	3:51.78	Kay Schimpf FMM-02	13:47.11	Sally Scott HLJ-94				
90-94														
			200 IM			400 IM								
19-24			2:38.04	Abigail Goff FAST-99	5:26.44	Abigail Goff FAST-99								
25-29			2:27.60	Lisa Summers SPM-97	5:17.40	Lisa Summers SPM-97								
30-34			2:32.31	Mary Roebuck HLJ-92	5:26.77	Mary Roebuck HLJ-94								
35-39			2:34.44	Mary Roebuck HLJ-98	5:49.52	A.Guglielmi FACT-05								
40-44			2:43.18	Tillie Atkins FACT-05	6:11.17	Jo Harrelson SPM-98								
45-49			2:46.03	Deb Walker SWIM-97	6:22.60	Jo Harrelson SPM-02								
50-54			2:58.52	Anne Grams DBMS-98	6:48.24	Lynn Cartee SWIM-98								
55-59			3:11.62	Anne Grams FACT-04	7:10.40	Meegan Wilson 300-03								
60-64			3:35.89	Jayne Lambke SPM-99	7:43.95	Jayne Lambke SPM-99								
65-69			3:34.41	Florence Carr HLJ-90	7:57.09	Florence Carr HLJ-90								
70-74			3:54.67	Jean Troy FMM-00	8:30.77	Florence Carr SPM-95								
75-79			4:08.19	Jean Troy FMM-05	9:02.29	Sylvia Eisele FACT-04								
80-84			5:12.07	Florence Carr FMM-05	11:22.65	Kay Schimpf SPM-97								
85-89			6:08.67	Gertrud Zint FMM-02	13:38.34	Gertrud Zint FMM-03								
90-94														

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 at 727-521-1172 or email 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

Men's Long Course Meters (as of 9/30/05)

50 FREE			100 FREE			200 FREE			400 FREE			800 FREE					
19-24	24.54	Andrew Eaton	SPM-97	54.16	C.Stevenson	FAST-88	2:01.49	C.Stevenson	FAST-89	4:20.67	A.Constantini	TEAM-93	10:18.38	John White	ORLM-97		
25-29	23.69	R.Ramirez	FST-85	54.53	R.Ramirez	FST-85	2:03.72	Paul Robinson	ORLM-93	4:23.17	Rob Nichols	CYM-85	9:25.52	Rob Nichols	CYM-85		
30-34	24.21	C.M.Halfast	SPM-99	53.64	C.M.Halfast	SPM-99	2:02.40	Andrew Farrell	ORLM-00	4:24.29	Andrew Farrell	ORLM-02	9:00.59	F.Constantini	HLJ-00		
35-39	24.67	C.M.Halfast	SPM-00	54.22	C.M.Halfast	SPM-00	2:02.88	L.Meisenheimer	ORLM-04	4:25.55	C.Williams	BRAT-97	9:09.59	Brant Bittner	HLJ-88		
40-44	25.44	C.Miltnerberger	ORLM-94	56.19	C.Miltnerberger	ORLM-94	2:05.33	Wm. Specht	SPM-01	4:25.45	Wm. Specht	SPM-99	9:12.22	Wm. Specht	SPM-01		
45-49	25.42	Steve Allbritton	SPM-03	57.09	Miltnerberger/Dawson	97/05	2:07.07	William Hempel	SPM-03	4:27.17	Mark Drennen	FACT-04	9:08.34	Mark Drennen	FACT-04		
50-54	26.63	Jeff Perout	GSC-03	57.66	Jeff Perout	GSC-03	2:06.84	Jeff Perout	GSC-03	4:43.93	Rick Walker	SWIM-00	9:58.15	Rich Walker	SWIM-00		
55-59	27.88	Glenn Woodsum	FACT-04	1:02.46	Glenn Woodsum	FACT-04	2:16.30	Rick Walker	FACT-05	4:52.12	Rick Walker	FACT-05	9:55.06	Rick Walker	FACT-05		
60-64	28.62	John Smith	HLJ-98	1:04.36	John Smith	HLJ-98	2:36.63	Jack Beattie	ORLM-95	5:37.86	Burwell Jones	SMS-94	11:15.84	Gaylord Hopkins	FMM-05		
65-69	30.25	John Smith	SWIM-03	1:07.52	Dren Geer	SWIM-99	2:34.41	Dren Geer	SWIM-99	5:43.70	Dren Geer	SWIM-99	12:47.42	Dren Geer	SWIM-99		
70-74	31.89	Burwell Jones	FACT-05	1:08.57	Burwell Jones	SWIM-03	2:33.16	Burwell Jones	FACT-05	5:28.64	Burwell Jones	FACT-05	11:19.55	Burwell Jones	FACT-05		
75-79	33.57	Paul Hutinger	FMM-00	1:23.27	Robt. MacDonald	FMM-03	3:04.02	Robert Beach	SPM-05	6:41.66	Robert Beach	SPM-05	13:14.90	Robert Beach	SPM-05		
80-84	36.99	Robert Blake	FMM-04	1:28.10	Robert Blake	FMM-04	3:28.94	Robert Blake	FMM-04	7:20.49	Robert Blake	FMM-04	15:56.84	Robert Blake	FMM-04		
85-89	40.47	Brud Cleaveland	FMM-02	1:39.66	Brud Cleaveland	FMM-02	4:11.14	C.Lindstrand	UNA-97	9:24.56	Fred Walbolt	SPM-98	25:32.63	Frank Tillotson	FMM-02		
90-94	1:07.19	Frank Starr	FMM-00	2:30.07	Fred Walbolt	SPM-02	5:22.16	Fred Walbolt	SPM-02	11:41.78	Fred Walbolt	SPM-03	30:22.00	Frank Tillotson	FMM-04		
1500 FREE			50 BACK			100 BACK			200 BACK			50 BREAST					
19-24	18:06.12	A. Constantini	TEAM-93	28.06	C.Stevenson	FAST-87	1:01.85	C.Stevenson	FAST-87	2:15.36	C.Stevenson	FAST-87	32.39	Greg Burns	TEAM-93		
25-29	17:08.92	Rob Nichols	CYM-86	29.09	Brad Hoffman	SPM-97	1:02.75	Brad Hoffman	SPM-97	2:17.77	S.Barnicoat	ORLM-89	29.90	Rob Butcher	DBMS-99		
30-34	17:06.73	Rob Nichols	CYM-88	29.42	Denis Kaltchev	STAC-05	1:01.69	Wm. Specht	SPM-92	2:20.62	Andrew Farrell	ORLM-00	30.88	C.Miltnerberger	CF-82		
35-39	18:21.08	L.Meisenheimer	ORLM-95	28.53	Wm. Specht	SPM-93	1:00.95	Wm. Specht	SPM-93	2:15.03	Wm. Specht	SPM-94	31.52	C.Miltnerberger	CF-87		
40-44	18:27.74	Larry Black	SWIM-99	28.88	Wm. Specht	SPM-99	1:02.48	Wm. Specht	SPM-98	2:15.49	Wm. Specht	SPM-99	31.35	C.Miltnerberger	ORLM-92		
45-49	17:38.94	Mark Drennen	FACT-04	29.41	Wm. Specht	SPM-03	1:04.12	Wm. Specht	SPM-03	2:20.14	Wm. Specht	SPM-03	31.54	C.Miltnerberger	ORLM-98		
50-54	18:59.51	Rick Walker	FACT-04	30.36	Casey Clafin	SWIM-03	1:07.42	Casey Clafin	SWIM-03	2:30.10	Jeff Perout	GSC-03	34.63	David Hefner	FACT-04		
55-59	18:45.20	Rick Walker	FACT-05	34.45	Jack Beattie	HLJ-90	1:13.15	Jack Beattie	HLJ-90	2:44.29	Burwell Jones	HLJ-90	35.81	Rick Walker	FACT-05		
60-64	24:09.93	Robert Beach	SPM-91	33.68	John Smith	HLJ-98	1:16.26	Jack Beattie	ORLM-95	2:49.57	Jack Beattie	ORLM-95	36.14	Scott Guthrie	FACT-04		
65-69	24:08.77	M.Stollmeyer	SWIM-03	35.22	John Smith	SWIM-03	1:19.35	John Smith	SWIM-03	2:58.84	John Smith	SWIM-03	39.74	Don Puchalski	FACT-04		
70-74	21:53.77	Burwell Jones	FACT-05	37.10	Paul Hutinger	SPM-95	1:19.14	Burwell Jones	SWIM-03	2:55.19	Burwell Jones	FACT-05	41.42	R.MacDonald	FMM-99		
75-79	25:57.77	Robert Beach	SPM-05	39.24	Paul Hutinger	FMM-00	1:29.93	Paul Hutinger	FMM-00	3:22.94	Paul Hutinger	FMM-00	42.87	R.MacDonald	FMM-04		
80-84	31:36.15	Robert Blake	FMM-04	41.40	Paul Hutinger	FMM-04	1:35.42	Paul Hutinger	FMM-04	3:30.76	Paul Hutinger	FMM-04	49.89	Brud Cleaveland	ORLM-98		
85-89	37:57.02	D.Malbrough	FMM-98	52.48	D.Malbrough	FMM-99	2:04.83	D.Malbrough	FMM-99	4:44.27	D.Malbrough	FMM-98	54.29	Brud Cleaveland	FMM-02		
90-94				1:14.07	Peter Jurczyk	IRCC-96	2:40.66	Peter Jurczyk	IRCC-96	5:55.98	Peter Jurczyk	IRCC-96	1:41.30	Frank Starr	FMM-00		
100 BREAST			200 BREAST			50 FLY			100 FLY			200 FLY					
19-24	1:15.24	Greg Burns	TEAM-93	2:54.78	A.Constantini	TEAM-87	25.44	Nei-Kuan Chia	BRAT-00	57.65	Nei-Kuan Chia	BRAT-00	2:13.67	C.Stevenson	FAST-87		
25-29	1:06.21	Rob Butcher	DBMS-99	2:32.10	Rob Butcher	DBMS-99	26.30	Nei-Kuan Chia	UNA-02	58.71	C.Stevenson	FAST-90	2:14.41	Tom Smith	HLJ-91		
30-34	1:09.80	C.Miltnerberger	CF-86	2:46.47	John Galloway	SPM-99	26.44	Wm. Specht	SPM-92	58.85	Wm. Specht	SPM-92	2:17.41	Wm. Specht	SPM-91		
35-39	1:10.20	C.Miltnerberger	CF-87	2:38.58	C.Miltnerberger	HLJ-88	26.14	Wm. Specht	SPM-93	57.39	Wm. Specht	SPM-94	2:08.51	Wm. Specht	SPM-94		
40-44	1:10.34	C.Miltnerberger	ORLM-93	2:38.71	Michael Drews	SMS-95	26.33	Wm. Specht	SPM-98	57.79	Wm. Specht	SPM-99	2:09.47	Wm. Specht	SPM-98		
45-49	1:12.44	C.Miltnerberger	ORLM-97	2:46.80	C.Miltnerberger	ORLM-97	27.03	Wm. Specht	SPM-03	59.38	Wm. Specht	SPM-03	2:11.02	Wm. Specht	SPM-03		
50-54	1:18.19	Rick Walker	FACT-04	2:54.71	Rick Walker	FACT-04	28.20	John McCall	ORLM-03	1:01.93	John McCall	ORLM-03	2:33.91	Thomas Bliss	FACT-04		
55-59	1:19.65	Rick Walker	FACT-05	2:56.71	Rick Walker	FACT-05	30.47	Thomas Peek	UNA-03	1:13.94	Burwell Jones	HLJ-88	3:13.77	T.Mahaffy	HLJ-93		
60-64	1:25.12	Peter Betzer	SPM-02	3:10.96	Peter Betzer	SPM-02	31.19	John Smith	HLJ-98	1:25.89	Christian Iselin	FACT-04	3:18.82	M.Tschirret	BRAT-97		
65-69	1:29.45	K.Wiedamann	FACT-04	3:22.99	K.Wiedamann	FACT-04	32.53	John Smith	SWIM-03	1:30.15	Dren Geer	SWIM-99	3:34.52	Dren Geer	SWIM-99		
70-74	1:36.03	R.MacDonald	FMM-99	3:29.06	R.MacDonald	FMM-99	35.82	Joe Kurtzman	FMM-97	1:29.49	Joe Kurtzman	FMM-97	3:40.85	Joe Kurtzman	FMM-97		
75-79	1:35.55	R.MacDonald	FMM-04	3:32.60	R.MacDonald	FMM-04	39.78	Rogers Holmes	HLJ-97	1:38.81	R.MacDonald	FMM-04	4:06.73	Joe Kurtzman	FMM-01		
80-84	2:01.07	Brud Cleaveland	FMM-99	4:27.49	D.McCullough	ORLM-98	46.93	Rogers Holmes	HLJ-03	2:32.85	D.McCullough	ORLM-98	5:25.53	D.McCullough	ORLM-98		
85-89	2:13.14	Brud Cleaveland	FMM-02	5:19.47	Brud Cleaveland	FMM-02	1:41.89	Frank Tillotson	FMM-00	3:01.15	D.McCullough	FMM-00	7:01.72	D.McCullough	FMM-00		
90-94	3:56.75	Frank Starr	FMM-00														
200 IM			400 IM														
19-24				2:20.56	Eric Prokopi	FMM-97	5:10.93	A.Constantini	TEAM-94	<p>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 at 727-521-1172 or email phut@usms.org. Let me know if you can supply any missing teams or dates, or if I have inadvertently left out any times.</p>							
25-29				2:19.01	Jack Thomas	SWIM-97	5:01.03	Jack Thomas	SWIM-97								
30-34				2:18.08	C.M.Halfast	SPM-99	5:14.80	Scott McMillen	IRCC-87								
35-39				2:23.32	John Galloway	SPM-01	5:04.63	Brant Bittner	HLJ-88								
40-44				2:19.21	Michael Drews	SMS-95	5:04.18	Michael Drews	SMS-95								
45-49				2:25.17	Jerry Dawson	NTC-05	5:10.57	Mark Drennen	FACT-04								
50-54				2:28.92	Thomas Bliss	FACT-04	5:21.94	Thomas Bliss	FACT-04								
55-59				2:43.97	Burwell Jones	HLJ-90	5:56.57	Burwell Jones	HLJ-88								
60-64				2:49.57	Jack Beattie	ORLM-95	6:47.30	Peter Betzer	SPM-02								
65-69				3:15.48	Don Puchalski	FACT-04	7:09.58	Dren Geer	SWIM-00								
70-74				3:06.99	Burwell Jones	FACT-04	6:32.11	Burwell Jones	SWIM-03								
75-79				3:33.49	R.MacDonald	FMM-04	8:39.06	J.Johnston	SPM-91								
80-84				4:48.16	Brud Cleaveland	FMM-99	10:17.57	D.McCullough	ORLM-98								
85-89				5:41.89	D.McCullough	FMM-00	12:47.66	D.McCullough	FMM-00								
90-94				7:08.31	Peter Jurczyk	IRCC-96											

FLORIDA

Local Masters Swimming Committee
5432 Twin Creeks Drive
Valrico, FL 33594

2006 USMS registration notice:

Do NOT send FACT registrations to Pat Tullman !

Club registrars:

When you receive USMS registration forms from any of your swimmers and they are registering with FACT (Florida Aquatic Combined Team), send those registration forms to Meegan Wilson with one check made out to Florida LMSC for the USMS/LMSC fees and one check made out to FACT for the FACT fees. She will forward the form and USMS/LMSC money to the Florida LMSC registrar.

Unattached-FACT swimmers:

Send your 2006 USMS registration form to Meegan Wilson.

Meegan Wilson ~ 620 NW 27th Way ~ Gainesville, FL 32607