

FLORIDA

LOCAL MASTERS SWIMMING COMMITTEE

May, 2006, Newsletter

Volume 23, Number 2

Plan for 2006 awards

All past and present LMSC award recipients and criteria for the awards are listed on the LMSC's web page (www.floridalmsc.org). Several awards require nominations and/or notification by swimmers, and it is the swimmer's responsibility to meet the deadlines.

LMSC's top pool, distance/open water swimmers honored at annual awards dinner in Clearwater

Over five dozen swimmers gathered in the Long Center in Clearwater on February 11 to honor the Florida LMSC's top pool and distance/open water swimmers during 2005. Additional awards included the Frank H. Tillotson service award, the Overcoming Adversity Award, and the Leather Lungs awards.

Robert Beach, SPM, and Doris Prokopi, FMM, earned trophies for the most valuable distance/open water swimmers.

Beach swam in eight of the ten USMS postal/open water championships, winning five national championships and setting LMSC records in the 5K, 3000-yard, and 6000-yard postals.

Prokopi swam in all five USMS postal championships, winning one national championship and setting a new LMSC record in the 10K postal.

Burwell Jones, FACT, and Melissa Varlas, FACT, were recognized as the LMSC's most valuable pool swimmers.

During the 2005 SCY and LCM seasons – SCM wasn't figured in because the official USMS rankings weren't published until April – each earned 14 All-American honors as the fastest swimmers in the United States.

Overall, Varlas had 20 USMS Top 10 swims including her #1 rankings. She was the top swimmer in 29 events in the Florida LMSC.

Jones had 29 USMS Top 10 swims, including his #1 rankings. He was the top swimmer in 30 events in the Florida LMSC.



Most Valuable Distance/Open Water: Robert Beach and Doris Prokopi.



Most Valuable Pool Swimmers: Melissa Varlas and Burwell Jones (Rick Walker accepting the award for Jones).

Honored as outstanding female distance/open water swimmers were Patricia Bond, Kate Knight-Perry, Ruth Thompson, and Beverley Tucker. The outstanding male distance/open water swimmers were Keith Burbridge, Kern Davis, Konrad Euler, and Forest McDaniel.

Recipients of the Outstanding Female Pool Swimmers were Joan Campbell, Florence Carr, Jean Troy, and Gertrud Zint. Outstanding Male

Pool Swimmers were Mark Drennen, Paul Hutinger, Robert MacDonald, William Specht, and Rick Walker.

Florida's Top 10 distance/open water swimmers for 2005 were Ned Allen, Joan Campbell, John Cox, Richard Criche, Pam Geiger, Laura Kaleel, Tim Kennedy, Alex Ramirez-Miller, Sandy Steer, and Flavia Zappa.

The Top 10 pool swimmers honored were Brud Cleaveland, Sylvia Eisele, Denis Kaltchev, Jay Lockaby, June Reynolds, Doris Prokopi, Donald Puchalski, Kay Schimpf, Frank Tillotson, and Meegan Wilson.

Rogers "Tiger" Holmes was the 2005 recipient of the Frank H. Tillotson Award, given to a swimmer for outstanding service to Masters swimming and to the swimming community at large. Peter Nickodem, a Holmes Lumberjax teammate, accepted the award for Holmes who was unable to attend the dinner. Holmes' accomplishments are summarized in the nomination letter that is published on the LMSC web page (under People, click on "Those who Serve").

The Overcoming Adversity Award was given to Paul Hutinger. All nominees and winners with a brief description of what each has accomplished are also on the LMSC web page in the "Those who Inspire" section.

Leather Lungs Awards were given to Victor Buehler (SCY), Kern Davis (postals), Sue Moucha (postals), Doris Prokopi (postals), Ruth Thompson (postals), and Flavia Zappa (postals).

From the Chairman's Desk

Dear FL LMSC Members,

The first FL LMSC meeting of the year was held at the St. Pete meet on April 8 after the 400 IM. Patti Nardozi and her crew once again out did themselves in hosting a fabulous meet.

With this being an election year, we had several associated priorities to accomplish, along with the normal agenda. If your team didn't send a Team Representative, then your club members will very likely miss out on some of the details which often times cannot be expressed in the meeting minutes. Along with this newsletter, the LMSC meetings are your best way to stay informed. Please appoint Team Representatives who will keep you apprised of the news that affects you!

Some pertinent agenda items from the St. Pete meeting include delegates to the convention, updating of LMSC Bylaws, coaches liaison and elections of officers.

This year we will have seven voting delegates attending the USMS convention, which is as far as I know, the most that we have ever had.

Three of our delegates have attendance privileges for special USMS assignments who are Joan Campbell (Finance Committee), Meegan Wilson (Legislation Committee) and Victor Buehler (Convention Coordinator).

The four appointed delegates are Sue Moucha, Margie Huting, Ed Nessel and I, Tom Bliss. The appointed positions were chosen based on their current involvement within our LMSC and value to the USMS organization as a whole.

These individuals will contribute to the various sessions, as well as bring back pertinent information which ultimately affects the overall quality of your membership. Reports will be provided in the October meeting. Please mark your calendars and plan to attend.

Over the last several months your officers and team representatives have been discussing/reviewing the Florida LMSC Bylaws for the purpose of updating and realigning our governance documents. This



is a mammoth task, when you consider the importance of selecting just the right words to portray intentions and meanings accurately. As a result, a committee was formed

to coordinate this effort and if you are interested in participating please, contact Victor Buehler. Revisions will be voted on at the annual meeting in October, another reason to plan on attending.

Last year your Florida LMSC appointed two highly qualified individuals to service our membership as coach liaisons. This position was originally formed as a vehicle to provide swimming clinics. It has been expressed through several of our members to expand this service. Ed Nessel and Joe Biondi, who are your coach liaisons have been tasked with further delineating their job description and notifying the membership of additional benefits that they will soon be providing. Please stay tuned for more information on this as clinics and other services will be advertised in upcoming newsletters.

As you can see the October meeting will have a full agenda including one of the most important agenda items, the election of your LMSC officers.

Every two years the members elect the officers they determine to be best suited to serve the FL LMSC. To effectively conduct this activity, a nominating committee has been formed to coordinate a list of qualified and interested individuals. If you are interested in assisting in the election search, please contact Joan Campbell for further information.

Remember, your club has an important vote as to who will be an elected officer. This is one more reason to be sure that your team representative attends the October meeting.

You might be wondering what one person can do. In this organization it can determine who gets elected to serve you! Please help us help you! Hope to see you soon & how about our next meeting in July!

Serving You,
Tom Bliss
Chairman, Florida LMSC

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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 have updated, posted and mailed out the FL LMSC Top 5 & records to individuals who have subscriptions (\$5 for all three courses) and to the team reps. I always print extra

copies of each course and I RECOMMEND that teams hand them out to new swimmers interested in competing, and show them where they would rank with other FL swimmers.

The Postal Pentathlon results have finally been mailed out, and swimmers from BLUE, FACT, FMM and SPM were among the competitors. This is a fall event, an extra incentive for SCM meets and an excellent opportunity for IMers to participate in a different type of meet.

Included on pages 11-13 in this issue are the Florida LMSC SCM records, with the 2005 records highlighted. Individual records broken included 17 women's and 19 men's, and no relay records. Congratulations to all record breakers.

The most records broken was eight, by Melissa Varlas, 32, FACT. On the men's page, Mark Drennen, 49, FACT, broke six records.

Pat Sargeant, 52, FACT, had the distinction of breaking the oldest record, which

had endured for 15 years. These are the oldest LCM records, 1991 and earlier, that were broken in 2005.

WOMEN 50-54—100 Free, 1:09.10; Pat Sargeant, FACT; broke Jayne Lambke's, SPM, 1991 record of 1:11.93.

WOMEN 50-54—50 Fly, 35.96; Sargeant; broke Lambke's 1989 record of 36.43.

MEN 55-59—400 Free, 4:52.20, Rick Walker, FACT; broke Burwell Jones', HLJ, 1990 record of 5:00.99.

CORRECTION TO RULES INTERPRETATIONS BY MEET OFFICIALS

Relay order: Relays MUST be swum in the same order as on the card. You may change the order (not the age group), but must indicate so on the card up to the time the first swimmer steps on the block or in the water. This is the TIMER'S RESPONSIBILITY, NOT THE REFEREE'S.

Lead-off relay split for National or World Record: National/world records are valid only if recorded by automatic timing. ON LCM, THREE WATCHES ARE NOT VALID.

Ask the Swim Doctor: *One-armed swimming* by Paul Hutinger



QUESTION: I saw you swim at the St Pete meet. How are you able to swim backstroke with both arms, yet use only your right arm for your fly and free events?

ANSWER: That's a very good question, which I have been asked, many times. What would you do in swimming if your left arm dislocated when you extend it forward? This is what happened to me, one year ago, as I did a standard two arm pushoff.

To avoid this excruciating pain, I swim fly, free and breast with my right arm, left arm at side. I also keep my damaged left arm at my side on forward and back starts and pushoffs. I have to time my turns perfectly, so I always turn with my right arm.

In my August, 2005, column, I mentioned that I would have to swim all strokes with one arm. Getting a shoulder replacement isn't in the near future, as it wouldn't give me the mobility and strength I would need to be competitive. Since then, I have been able to modify my backstroke, so I

am able to use both arms. It puts me in a different position, and I can only use my left arm for a one-half stroke.

With my doctorate in Exercise Physiology from Indiana U, including swim and stroke analysis from Doc Counsilman, I wanted to convert my previous World record technique into at the least, competitive swims in the 80-84 age group.

One factor was my older brother, who had polio, which affected his left arm. I remembered how he would swing his arm when he wanted to raise it above his head. Could I do that in the pool while swimming backstroke?

I thought about the mechanics of trunk rotation while throwing and converted that to swimming, specifically, to the recovery phase of backstroke. The critical timing of the hip rotation before the hand reaches the end of the stroke, increases force in the backstroke pull.

I combined these principles to help recover my left arm on backstroke without causing a painful dislocation.

Through the years, I had developed good body rotation. Now, I needed to time it correctly and control the recovery with my rotation. I worked on this with fins, so I could more easily rotate my hips and body

to the opposite side and put my left arm through the stroke pattern when it hits the water the top of the recovery. The catch and push part of the stroke was then below the critical level (shoulder). The rotation of the upper torso, and then the pelvis, completes my modified backstroke pattern.

The experts recommend a 45 degree rotation with a thumb-out recovery. My rotation is closer to 75 degrees and a little finger-out recovery. This allows me to "throw my arm" for a more efficient arm swing.

My two-arm backstroke is a challenge, and for now, my innovative mechanics are working. The one-arm IM and fly are a lot slower than the National record times I did with both arms.

As swimmers age, they will be faced with more injuries and must find a way to adapt to remain in Masters swimming. It could happen to you. Do the best you can with what you have.

Anyone wanting more information or having personal questions, send a large SASE to: Dr. Paul Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703.

Coach's Corner: *Call to get help; offer to help* by Coach Joe Biondi

Short Course Nationals...

Short Course Nationals in Coral Springs is fast approaching.

If you should need any assistance while at the meet give me a shout.

I will be staying at the LaQuinta Inn, 3100 N. University Drive, Coral Springs (1-954-344-2200). My cell number is 1-727-741-9712

You're needed...

The Florida Local Masters Swimming Committee board (www.floridalmssc.org/people.html) had a meeting at the St Pete Short Course meet after the completion of the 400 IM on Saturday, April 8, 2006.

The board is a very hard working group of individuals who are working to make



Florida one of the best LMSC's in the country, but they cannot accomplish this without the assistance of the team representatives and coaches within the LMSC.

This LMSC has 38 teams or chapters, but only eight of those 38 were represented at the meeting.

There are three meetings per year. Two are held at meets because it is the simplest way to get the LMSC Board, team representatives and coaches together and ham-

mer out the necessary things to make a large group work. The third meeting is held independently of a meet because it is usually a bit longer and has to be more detailed.

They need our assistance to make this LMSC better. If you are a team representative and are unable to make the meeting please try and find a teammate that is able to attend and bring the information back to your team.

Joe Biondi
LMSC Coach/Coordinator
Florida West Coast
coachjoeb@knology.net

727-725-9978

Q & A: *What are some differences between FINA (world) and USMS rules?*

Butterfly kick

When the breaststroke kick is used with butterfly, USMS restricts the kick to one per armstroke. FINA does not restrict the number of kicks used per stroke

Individual age groups

The youngest age group recognized by FINA is 25-29, so USMS swimmers in the 18-24 age group cannot participate in FINA events.

Relay age groups

The youngest age group recognized by FINA is 100-119, so there are no 72-99 relays in FINA events.

Warm-up

USMS prohibits hand paddles in warm-ups. FINA does not.

Events

FINA does not recognize 400m and 800m freestyle relays and 400m medley relays.

Event limit

USMS allows only five individual events per day (unless events are postponed to a subsequent day of the meet) for timed-final meets and three events per day for trials/finals meets. FINA has no explicit rule addressing event limits; limits are established for each meet.

Unattached swimmers

USMS allows unattached swimmers in individual events but not relays. **FINA DOES NOT ALLOW UNATTACHED SWIMMERS IN EITHER INDIVIDUAL EVENTS OR RELAYS.**

Counters

USMS allows counters to call lengths or indicate by visual signal for all races 400m or longer except for the 400 IM. FINA allows lap counters only for 800m and 1500m races.

Splits & timing system

USMS requires splits to be recorded with fully automatic timing while FINA allows three watches or fully automatic timing.

Splits & relay DQ

USMS will not allow the initial relay split to count as an individual time if the relay is disqualified. FINA requires only that the leadoff swimmer is not disqualified for the leadoff split to count as an individual time.

DQ notification

FINA requires notification via posted code in the meet results. USMS rules state that the official will make every effort to contact the swimmer.

Records

FINA allows only 60 days for proper documentation to reach its office. USMS has no limit on the number of days in which to submit a record application.

Time standards

FINA says any swim that does not meet the time standard will receive "NT" in the results, with no official time or place. USMS has no such rule.

Smoking & tobacco

FINA bans smoking in any area designated for competitors. USMS bans the use of all tobacco products, even in the spectator seating.

Protests of swimming rules

FINA gives authority for the final decision to the referee. USMS gives authority for some final decisions to the USMS Rules Committee.

Fees for protests

FINA requires a fee of 100 Swiss francs or its equivalent (even when the protest is rejected). USMS requires no fees.

Competing under protest

FINA may not allow this practice.

This information is quoted from pages 141-143 of the 2006 USMS Rule Book.

Eye on Fitness: *Swim to the World Masters*

January 1, 2006 to August 1, 2006

Enjoy a “virtual swim” to the XI FINA World Championship meet in California!

Each Zone will be racing and competing with each other to get to Stanford first. A distance of 1500 miles has been set as the goal - which is close to the average distance a USMS swimmer will have to travel to this meet (sorry, but Alaska and Hawaii distances weren't used in this estimate!). Let's see which zone will arrive there first - ready for the world competition.

Simply log your swim mileage (download a USMS fitness log at www.usms.org/fitness/) that you swim daily. Then just email your mileage to Mary Sweat at the end of each month. Please include the following:

- Name • Age • Zone •
- Miles swum during the month •

There are no entry fees or official rules - just good old racing fun, in a virtual sense. The results will be compiled and posted on the USMS website (www.usms.org in the Fitness section) each month for you to see the race of the “zones to worlds” in progress!

This swim also counts towards the 2006 Virtual Swim Series. A t-shirt commemorating your participation in this specific swim will be available for minimal cost.

Enjoy the fun of training and swimming (virtually speaking!) to the XI FINA World Championships in California.



Update: Travel Reimbursement to Meetings

To all Team Representatives, and Elected/Appointed Board Positions:

The Florida LMSC voted in the April 8, 2006, membership meeting in St. Petersburg to reimburse Florida Elected and Appointed Board members, as well as Team Representatives, for their travel expenditures to the Annual meeting in October.

This motion overrode a motion in the 2005 Annual meeting that team representatives and Elected and Appointed members of the Board would be reimbursed for travel for all meetings of the Florida LMSC.

A copy of Map Quest mileages, or similar, will be accepted and the rate of reimbursement is \$0.30 per mile. Tolls will

also be reimbursed if receipts are given.

For those Team Reps and Board members who attended the April meeting, the original motion was in effect.

Please send in your reimbursement requests as soon as possible. The reimbursement form is on our website in the “Forms” section. Thank You.

Meegan Wilson, FL LMSC Treasurer.

Next Newsletter Deadline

The deadline for August newsletter submissions is **Wednesday, July 19**. Please email articles as .txt or .rtf and photos as .jpeg at 150 dpi to Dick Brewer (floridaswim@yahoo.com).

LMSC Elections

You can make a difference...

Representatives from each of the Florida LMSC's registered clubs will elect their leaders at the annual meeting in October.

Because several of the current office holders are not seeking reelection, the fall elections will determine the new leadership team for the ensuing two year period.

The nominating committee, headed by Joan Campbell, is seeking registered members who would be interested in and qualified to lead the LMSC.

A list of slated candidates for each position, with their qualifications, will be published in the August LMSC newsletter.

Below is a list of the elected positions. Descriptions of each position's responsibilities, taken from the LMSC bylaws, are posted on the LMSC web page (www.floridalmc.org/News.html).

If you or someone you know is qualified and willing to serve in one of the positions and to lead the LMSC for the next two years, please inform Joan (jcampb10@tampabay.rr.com).

Chairman
Secretary
Treasurer
Registrar (anticipated vacancy)
Sanctions Chair
Records/Top 10 Chair (anticipated vacancy)
Newsletter Editor

Among the other responsibilities, the elected Chairman of the LMSC will appoint individuals to other positions, which include but are not limited to Officials Chair, Safety Chair, Web Master, Senior Games Liaison, and Florida LMSC delegates to the annual USMS convention.

LMSC Meeting

The next Florida LMSC meeting is Saturday, July 15, after the last event at the St. Pete Masters Long Course Championships.

News from Around the LMSC



Brandon

by Sue Moucha

Three Blue Wave swimmers participated in the 2006 SUN Masters Valentine Meet, Clearwater. Kimberly Sharp (18-24 age group) went two for two with a first in the 200 Breast and a third in the 100 Free. Liz Lehr (45-49 age group) swam five events. Liz had a second place finish in the 1000 free and a third in the 50 breast. Sue Moucha (45-49 age group) swam ten events. Top finishes were a second in the 100 breast and a third in the 200 IM. All three swimmers had a FUN meet and are ready for the next Meet.

Blue Wave Masters swimmer Sue Moucha was the Overall Women's Mileage Champion for the USMS Virtual Swim Series 2005. The Series is sponsored by the Fitness Committee within USMS. Sue recorded the date and the distance swum from January 1 thru December 31, 2005. She swam a total of 606.86 miles.

Four Blue Wave Masters participated in St. Pete Masters Short Course Championships April 7-9. Natasha Creel (18-24) went two for two with a second in the 50 free and a third in the 200 free. Cindy Januszewski (35-39) swam five events and had a third place finish in the 400 IM. Sue Moucha (45-49) swam 11 events and had two finishes of second in the 400 IM and third in the 200 IM. Keith Burbridge (75-79) had a full two days of swimming with 10 events. He finished second in the 200 fly and 400 IM and third in the 100 fly. All swimmers had a great time, braving the wind on Saturday and enjoying the sunshine on Sunday.

Blue Wave Mastes is hosting a meet Saturday, August 26. There will be an 800 Free plus additional events. Registration forms are in this newsletter and will be posted on the Dixie Zone meets page (www.dixiezone.org/Meets.htm).

Swimming on the internet...

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

Florida LMSC www.floridalmssc.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

Masters pools in Florida www.floridalmssc.org/clubmap.html

Links to...

USMS zone & LMSC web sites www.floridalmssc.org/Links.html

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



state combined team
www.floridalmssc.org/FACT.html

by Joan Campbell

We are heading full speed for the USMS Short Course Nationals at Coral Springs, Florida May 11 through the 14. The psych sheets are now available and Coach Joe will be working on the best relays we can put together. There are over 1200 competitors, which should give us a good meet. We plan on a hospitality room at LaQuinta the evening of the 11th – FACT and SUN will take care of the beer, wine and soda and we'll try the "loaves and fishes" for the snacks – either bring something to share with others or contribute a nominal fee of perhaps \$5.00. If you haven't printed out and sent in your relay form from the floridalmssc.org web site (FACT), please do so immediately or call Joe at (727) 725-9978 or e-mail him at coachjoeb@knology.net.

Over the past two months we have competed as chapters in local meets at Clearwater and St Pete – this has been the choice of the meet directors, as our original plans specified. The strong showing of FACT is only visible in the USMS results, and it HAS been a strong showing. The 1-Hour Swim saw 26 of our team compete in a very crowded field – some of the top swimmers who splashed within the top dozen were Meredith Moore and Meegan Wilson (3rd and 12th in the 55-59 age group), Joan Campbell, Nancy Durstein and Sylvia Eisele (1st, 2nd and 6th in the 75-79 age group), Martha Henderson (11th in the 65-69) Mike Stollmeyer and Don Puchalski (8th and 9th in the 65-69). The team took 10th in the Medium Clubs. We should have a better showing with the number of great swimmers; just hope to build enthusiasm as time goes on.

Rogers Holmes of HLJ was recipient of the coveted Frank Tillotson award at the awards ceremonies held after the annual Valentine's Meet in February. He has had a remarkable career and is recovering nicely from heart surgery and complications. Hope to see him back in the water at the World's – that's his goal!

Remember if you are swimming FACT (UNA), you will need to send any information to me on your stellar accomplishments. The chapters will pick up on news resulting from their swimmers. Also, the designation UNA in these cases is only for the combined team purposes and will have nothing to do with the ruling for FINA that UNA swimmers cannot compete at the World Championships.

An article in *USMS Swimmer* this month should be of interest to all FACT swimmers. The Tingleys were helpful with their suggestions getting our FACT group going and the article "Team Effort" gives you insight into what we are striving for. SKY, by the way, came in 5th in the Hour Swim.

We are marketing FACT shirts and hats at all the meets (contact Joan Campbell, jcampb10@tampabay.rr.com for details) and we can use the revenue – Coach Joe is planning on attending World's in Stanford as well as the Nationals and we would like to cover his expenses as much as possible. As individual competitors we're

News from Around the LMSC

suggesting a \$10, or more contribution toward expenses – this could be a donation by the chapters, if this is the way your organization works. Anyone who has seen Coach Joe at work at these meets I am sure believes he's worth every penny of the assistance. At the moment, rather than raise the Club fees, this is what we have decided on. Contributions can be sent to Joe Biondi directly @216 Elizabeth Ave, Clearwater, FL 33759 or to our current Treasurer, Meegan Wilson, 620 NW 27th Way, Gainesville, FL 32607 (please specify funds for coaches expenses).



St. Petersburg
www.maverickswim.org

by Paul Hutinger

ONE HOUR POSTAL - The 27 Florida Mavericks amassed a total of 71,040 yards, just a tad over 40 miles. An amazing total, considering the range in age, 23 to 91 and range in yardage, 1975 (new swimmer Threat-Milton, 42) to 3780 (Rodriquez, 28). National champions included Schimpf, 88 and Tillotson, 91. As coach, I encourage all of our members to train for this event in the fall to increase their aerobic base and swim it in January. For many, it's for the personal satisfaction of being able to swim for an hour. The Mavericks will be sponsoring the Hour swim in 2007, and we hope for exceptional participation from the FL clubs.

VIRTUAL SWIM SERIES - Four Mavericks participated in this USMS Fitness Event and were the 2005 team mileage champions, with a total of 430 miles. National champions included Martha Jacobs, Margie Hutinger and Richard Criche. Karen Swanigan was a close 2nd.

VALENTINE'S DAY MEET - Although the rain pounded on the floor-to-ceiling windows on Saturday and the temperatures dropped into the 40's on Sunday, the twenty four Mavericks rocked inside the Long Center! Eric and James Christie were excited that their father, Owen, traveled from Michigan, to be able to attend this Valentine's Day team meet and swim on a relay with his boys.

After Saturday's events, we were in 2nd place by 32 points. But, our swimmers kept plugging away and swam their events in hopes of securing another Maverick win. And win we did! 200 points ahead of the Sarasota Y! And 300 points ahead of St Pete.

ST PETE'S MEET - Twenty six Mavericks basked in the sunshine or sought refuge under the shade canopies at another sunny weekend in St Pete. Our youngest competitor was Hank Campbell, 26 and once again, Tillotson, 91, was the Maverick patriarch.

The Mavericks continued their team winning ways, and were the visiting team champions, 600 points ahead of their nearest competitor, GOLD, from the East Coast.



by Edna Gordon

One of the goals of the Sarasota Masters Swimmers is to give back to the community that has supported swimming and swimming programs. Three organizations that have already received donations this year are The Boys and Girls Club of Charlotte County (\$200), Sarasota Booker High School (\$200 for swim sweat suits for its swim team), and Arlington Aquatic Complex (\$150 for a small pace clock for general use for lap swimmers).

The Perfect Panini Party was a huge success with most of our members eating up a storm. Our thanks to Deb Walker for the use of her lovely home and to Jim Donnelly and Deb for preparing the best paninis ever. Thanks also to the assistance of Chef Sid Finkelstein for his cooking help. We were pleased to have Dick Brewer and Rick Trevison drive up from Naples to be with us and Mary and Bob Coulter who came up from Port Charlotte. It was a great get-to-know each other party.

Thanks to Jim Donnelly and his artistic talent, we now have a clever team logo which will appear on our caps in the near future.

In competition, our swimmers have been active: the one-hour postal in January and meets in Coral Springs, Clearwater, Fort Lauderdale, Lauderhill, and St. Pete, plus senior games in Fort Lauderdale, Naples, and Clearwater. Personal bests were achieved by Randy Magin in the 200 back at the St. Pete meet in April and by Dick Brewer in the 1000 free at the Lauderhill meet in March. We're looking forward to swimming and having fun at the Bump Jones Classic at the Selby Y in Sarasota June 10-11.

We also celebrated first quarter birthdays with an inspiring birthday swim at Arlington on April 29. Here's to many more!



Panini get together: front: Bob Coulter, Deb Walker; center: Shirley Leonard, Edna Gordon, Lucey Malone, Helen Vetter, Helen Cohen; back: Rick Trevison, Jim Donnelly, Dick Brewer, Greg Rotole.

News from Around the LMSC



Sarasota

by Rick Walker

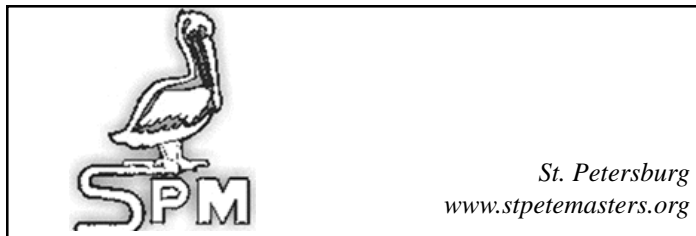
The Sharks Masters want to extend an invitation to all to join us in the upcoming BUMPY JONES CLASSIC LCM MEET in Sarasota June 10/11. The summer LC meet in Sarasota has had many names and a few locations but is one of the longest running Masters meets in the United States, dating back to the late 70's. We like to think it is one of the most fun meets on the schedule.

The competition is held at the beautiful Selby Aquatic Center which has recently added more deck space, seating and shade. Don't worry about hot water, the chillers will be on! Our goal this year is 200 swimmers, check out the info sheet found in this issue. Go on line to view pictures of the pool. Never competed in a Masters meet? This is a great meet to get your start.

As we point towards our SCY Championship meet, the Y Nationals May 18-21 I would like to recognize those swimmers who achieved TOP TEN status in the recently published FINA WORLD RANKINGS for LCM and SCM in 2005.

Leading the way were the FLORIDA LMSC swimmers of the year Melissa Varlas and Bumpy Jones. Melissa had fourteen TT swims with two #1 rankings. Bumpy also had fourteen TT and four #1. Florence Carr also had a #1 and 15 TT and Mark Drennen two #1 and eight TT. Other SYSM swimmers achieving FINA TOP TEN were Jay Lockaby(2), Kevin McCormack(4), Rick Walker(11), Rudy Vazmina(2), Dren Geer(2) and Jan Soderstrom(1). Congratulations to all these swimmers on their accomplishment.

See you in Sarasota in June and don't forget to sign up for the Party in the Park. It will be memorable!



St. Petersburg
www.stpetemasters.org

by Christine Swanson

The winter months have been good for SPM swimmers. Starting with our team results for the 2006 Hours swim, SPM placed 6th in the large club division with 196,650 yards completed. A few highlights include three individual All-American swims by Kristen Nardozzi and Ted Bradley in the 18-24 age group and Bob Beach in the 75-79 age group. We also had 21 Top Ten relays, 4 of them first place finishes. The 18-24 Mixed Relay set a new Hour Postal record completing 20,745 yards - congratulation to Kristen, Ted, Brian Rimel and Charlotte Petersen.

In February, we competed at the annual Valentine meet at the Long Center and several team members attended the LMSC annual banquet. SPM had many winners and honorable mentions in the Long Distance and Open Water swim events from 2005. Kern Davis and Flavia Zappa were both Leather Lung recipients for competing in all of the 2005 Postal events. Bob Beach was Long Distance swimmer of the year for the LMSC. Bob spent most of the summer on the road, traveling to all of the LMSC open water events around the country in 2005.

Finally, April 7-9, SPM hosted its 36th Annual SCY Championship at North Shore Pool. We had over 300 entrants and to my knowledge very few scratches for the meet. The weather was cooperative with cooler temps and rain falling on Saturday night followed by a clear sunny Sunday. I believe everyone felt their age group was deep with swimming competition. I am aware of one national record submission for Nancy Brown of Maryland in the womens 400 IM for the 70-74 age group. We thank everyone for their attendance at this years event and your continuing support of the meet. The top three visiting teams for this years meet were: The Florida Mavericks, Gold Coast and Fort Lauderdale Aquatics.

A side note on the meet: thanks to Bruce Day, Charlotte Petersen, the life guard staff of North Shore Pool, and the other medical professionals who responded to a heart attack that occurred during competition on Saturday morning. Because of their quick response and the use of the pool's AED, Gil Wheeler was reported to be resting comfortably on Saturday afternoon at a local hospital. Gil, Get Well wishes from all of us at SPM!



Clearwater
www.floridalmsc.org/sun.html

by Pat Crow

SUN Masters hosted the Valentine's Meet at the Long Center. This very successful meet brought about 250 participants this year to enjoy our usual super hospitality (free food!) and Meet Director Coach Joe's well run competition assisted by numerous members, friends and family of the SUN team. Our group has been the host of this meet for many years and our reputation has spread throughout the swimming community. Success has caused us to move the meet date next year. We will be hosting the March Madness Meet on March 10th and 11th - same Meet Director, same people, same hospitality, same friends and family, same location (the Long Center). The pool is being renovated in the next six months so it should look brighter and shinier and maybe the weather will be that much warmer! Mark your calendar.

A FISH OUT OF WATER? No chance, says triathlete Jessica Fish. Just for a change of scenery, Jessica has been focusing her enthusiastic energy on duathlon (run-bike-run), and was awarded a Team USA slot for Duathlon World Championships in Denmark, after placing second (females 50+) at Powerman Alabama on April 9. "I told Coach Joe that I'm using water as rehab from this tough

News from Around the LMSC

qualifying event,” Jessica said. “Today I hobbled over to my mom’s condo pool with my aqua jogging belt, and the water was 83 degrees. I did 45 minutes of underwater bicycling and stretching my back. Coach Joe once recommended it, and I can’t believe how much it helps. It’s the healing power of the H2O!” In her spare time, Jessica writes for the St. Petersburg Times. Check out race photos and events calendar at www.chainwheeldrive.com



At the Good Life Games Senior Swim Meet at the Long Center, Meet Director Joan Campbell was assisted by members of the SUN team and their friends. 36 meet records were broken by senior members in a fun meet. Marianne Bradley, Joan

Durstein, Don Puchalski and Elliott Schofield had good showings of 1sts and 2nds. SUN also contributed to the Pinellas County Good Life Games with a check for \$500 to assist in their program of promoting good health and fitness for senior citizens. Joan Campbell presents the check to Kathleen Fitzgerald of the Pinellas County Good Life Games, *above*.

Pro triathlete Spencer Smith is a member of SUN Masters. Visit www.planet-x-bikes.com (go to the tri section) on the homepage, www.ironmanlive.com or www.tritalk.co.uk for some exciting and motivating accounts of his travels.

Nancy Durstein, Elliott Schofield, Joan Campbell and Don Puchalski swam at the St. Pete Masters meet April 7-9. The LMSC meeting was held afterwards and convention designations were made. Joan will be going to USMS convention in Dearborn, MI, in September. She will also chair the nomination committee for LMSC elections this fall. Keep an eye out for information on this and provide us with nominations if you have any.

Nancy Durstein, Don Puchalski, Elliott Schofield and Joan Campbell will be going to YMCA SCY Nationals May 18-21 in Ft. Lauderdale FL and Don Puchalski and Joan Campbell are planning on World’s in Stanford, CA in August.

Other SUN Masters in competitions were Joan Campbell, Nancy Durstein, and Don Puchalski in the USMS One-hour Postal; Mike Nagy in the Disney Half Marathon; Larry Witt and Jerry Napp in the Clearwater Inaugural Half Marathon, Arnaud Glacet in the Max Bayne Half Marathon, the Bank of America Marathon, and the Escape from Fort Desoto; and Beth Wonicker-Cook in the Escape from Fort Desoto.

Competing in pool/distance championships?

USMS SCY Nationals psych/heat sheets are at www.usms.org/comp/scnats06/heats/

Distance/Postal championship entry forms are at www.usms.org/longdist/ldnats06/

VILLAGES AQUATIC SWIM TEAM

The Villages

by Susan Schuerman

Eighteen from The Villages Aquatic Swim Team (VAST) participated in the St. Pete Masters 36th Annual SCY Championship on April 8 & 9. The team took 7th place overall out of the 42 teams competing. They swam seven relays. The women took 2-second places and 1-third place. The men took 2-third place relays. In the mixed relays, VAST placed 3rd & 5th.

Nate Leech was awarded 1st place overall high points for the men’s 55-59. Ellen Brown won 3rd place for the women’s 80-84 age group.

This meet was part of the preparation for some VAST members for The Villages Senior Games. Swimming events are on May 25 & 26. The registration deadline for this competition is April 21.



VAST at St. Pete: front Joe Neal, Kathy O’Leary, JoAnn Fowler, Betty Senter, Susan Schuerman; center: JoJo Gutfran, Irma Klimach, Ellen Brown, Elsa Kaye; back: Coach Kaye, Robert Mraovich, Gordon Ralph, Nate Leech, John Cornell, Dianne Castle; not pictured: Gil Wheeler, Cyndy Lasher, Shirley Fishlock and Jan Mellberg

Daytona Swimmers

by G. Iris Threatt-Milton

Mysterious sightings have recently been reported at the Daytona Beach Community College (DBCC). During the wee morning hours, what had appeared to be a slow trickle of sleep-deprived students wandering aimlessly in the parking lot has turned out to be a group of individuals addicted to chlorine exposure and dedicated to kicking butt (or having their butts kicked) three mornings a week. Warm-ups begin as early as 6:15 and the real workouts are under way for all by 7:00 AM sharp.

continued on page 14

Going Postal

Florida LMSC 5K & 10K Postal Records

5K INDIVIDUAL WOMEN			
18-24	1:14:25.00	Farrah Hall	SPM-04
25-29	1:10:47.33	S.Predmore	SPM-95
30-34	1:20:58.99	Tish Oleksy	SPM-95
35-39	1:09:54.37	Cathy Shonkwiler	UNA-96
40-44	1:13:01.69	Wanda Brown	BRAT-98
45-49	1:15:48.00	Sharon Salzman	SPM-04
50-54	1:23:30.99	Jayne Lambke	SPM-92
55-59	1:26:34.99	Jayne Lambke	SPM-95
60-64	1:37:37.99	Kate Knight-Perry	SPM-98
65-69	1:36:42.89	Patricia Bond	FMM-05
70-74	1:51:01.00	Joan Campbell	FACT-04
75-79			
80-84	2:43:04.99	Peggy Hughes	SPM-00

10K INDIVIDUAL WOMEN			
18-24	2:25:23.15	S. Brownstein	SPM-88
25-29	2:34:12.05	Laura Kaleel	SPM-89
30-34	2:45:18.00	Pam Geiger	SPM-87
35-39	2:43:46.00	Pam Geiger	SPM-89
40-44	2:50:29.29	Pam Geiger	SPM-93
45-49	2:41:48.00	Sharon Salzman	SPM-03
50-54	2:49:31.99	Jayne Lambke	SPM-90
55-59	3:36:18.81	Ruth Thompson	FMM-05
60-64			
65-69	4:16:40.52	Doris Prokopi	FMM-05
70-74			

5K INDIVIDUAL MEN		
1:06:29.35	Ryan Woodruff	GSC-01
1:16:58.99	Robert Villacres	SPM-98
1:10:24.09	Jason Breese	SPM-01
1:10:17.01	Brian Rimel	SPM-02
1:07:43.06	Tim Kennedy	SPM-00
1:06:59.09	Tim Kennedy	SPM-02
1:13:19.10	Kern Davis	SPM-05
1:22:48.00	Robert Aldrich	SPM-05
1:30:57.03	Konrad Euler	SPM-00
1:27:20.90	Robert Beach	SPM-00
1:23:05.83	Robert Beach	SPM-02
1:31:33.00	Robert Beach	SPM-05

10K INDIVIDUAL MEN		
2:22:47.89	Ryan Woodruff	GSC-01
2:26:12.89	James Acker	SPM-87
2:32:17.98	Kern Davis	SPM-89
2:30:30.00	Brian Rimel	SPM-03
2:20:57.00	Tim Kennedy	SPM-97
2:23:20.00	Tim Kennedy	SPM-03
2:23:58.38	Kern Davis	SPM-05
2:45:46.26	Robert Beach	SPM-86
2:58:24.99	Robert Beach	SPM-90
3:00:19.72	Konrad Euler	SPM-00
2:53:54.09	Robert Beach	SPM-02

WOMEN'S 5K RELAYS			
25+	5:04:34.45	Campbell, E. Smith, Snow	FACT-04
35+	4:04:31.00	Zien, Kaleel, Swanson	SPM-01
45+	3:59:49.50	Geiger, Harrelson, Salzman	SPM-04
55+			
65+	6:33:34.97	Knight-Perry, Hughes, Atwood	SPM-00

MEN'S 5K RELAYS			
25+	3:32:09.63	Kennedy, Villacres, Melson	SPM-01
35+	3:28:08.44	Kennedy, Rimel, Collins	SPM-02
45+	3:58:49.03	Kennedy, Davis, Day	SPM-01
55+	4:19:08.00	Euler, Aldrich, Marzulli	SPM-05
65+	4:42:36.70	Beach, Cox, Euler	SPM-03

MIXED 5K RELAYS			
18+	5:03:22.26	Bradley, Zien, Rimel, Kaleel	SPM-05
25+	5:01:26.00	Kennedy, Breese, Zien, Kaleel	SPM-01
35+	5:00:29.44	Zien, Swanson, Rimel, Collins	SPM-02
45+	4:57:14.00	Kennedy, Davis, Harrelson, Geiger	SPM-02
55+	8:08:24.20	Beach, B. Atwood, Euler, Boaz	SPM-99
65+	6:55:23.23	Kohnken, Knight-Perry, Beach, B. Atwood	SPM-00

WOMEN'S 10K RELAYS			
35+	11:33:31.59	Thompson, Zappa, Dirksmeyer-Nichols	FMM-03

MEN'S 10K RELAYS			
35+	7:23:17.63	Rimel, Davis, Kennedy	SPM-03
45+	8:01:48.38	Euler, Davis, Kennedy	SPM-05

MIXED 10K RELAYS			
45+	10:17:22.63	Davis, Kennedy, Harrelson, Salzman	SPM-03

The 5K and 10K Postals must be swum in a 50m pool between May 15 and September 15. A timer must record each 100 meters to the nearest 1/10 of a second on a split sheet which is mailed with the official entry form. Entry forms for ALL 2006 USMS open water and postal championships are available at www.usms.org/longdist/ldnats06

5K/10K Postal Pace Chart

If you have a goal of swimming the postal in x number of minutes, or of breaking one of the records above, you'll want to practice swimming a steady pace. Below is a chart to let you know generally what intervals you should be able to swim in order to reach your goal.

pace/ 100m	5K time	10K time	pace/ 100m	5K time	10K time	pace/ 100m	5K time	10K time	pace/ 100m	5K time	10K time
2:51	2:22.51	4:45.43	1:56	1:36.46	3:13.33	1:28	1:13.10	2:26.20	1:10.5	0:58.49	1:57.39
2:44	2:16.22	4:32.44	1:53	1:33.45	3:07.30	1:26	1:11.26	2:22.51	1:09.2	0:57.42	1:55.23
2:36	2:10.26	4:20.52	1:49	1:30.55	3:01.49	1:24	1:09.46	2:19.32	1:07.9	0:56.36	1:53.12
2:30	2:05.00	4:10.00	1:46	1:28.14	2:56.28	1:22	1:08.11	2:16.22	1:06.6	0:55.33	1:51.07
2:24	2:00.00	4:00.00	1:43	1:25.43	2:51.26	1:20	1:06.40	2:13.20	1:05.5	0:54.33	1:49.05
2:18	1:55.23	3:50.46	1:40	1:23.20	2:46.40	1:18.2	1:05.13	2:10.26	1:04.3	0:53.34	1:47.09
2:13	1:51.07	3:42.13	1:37	1:21.05	2:42.10	1:16.5	1:03.50	2:07.40	1:03.1	0:52.38	1:45.16
2:09	1:47.09	3:34.17	1:35	1:18.57	2:37.54	1:15.0	1:02.30	2:05.00	1:02.0	0:51.43	1:43.27
2:04	1:43.27	3:26.54	1:32	1:16.55	2:33.51	1:13.5	1:01.13	2:02.27	1:01.0	0:50.51	1:41.42
2:00	1:40.00	3:20.00	1:30	1:15.00	2:30.00	1:12.0	1:00.00	2:00.00	1:00.0	0:50.00	1:40.00

Compete or just swim?

Swimming a postal is a good workout. Timing the swim adds incentive to do the workout a little more seriously. And setting a goal to reach, whether that goal is for personal satisfaction, a record, or USMS top ten, makes the swim and the intervals leading up to it a worthwhile experience. If it's your first postal, then you'll establish a benchmark to surpass the next time.

FLORIDA LMSC RECORDS: Women's Short Course Meters (as of 12/31/05)

50 FREE			100 FREE			200 FREE			400 FREE			800 FREE			
19-24	27.65	C. Watkins	FACT-04	1:00.81	Kristen Nardozi	SPM-05	2:14.96	Lee Nessel	SPCO-00	4:56.37	C. Horrocks	WFLM-00	13:17.10	Heather Perry	ORLM-94
25-29	27.88	Lisa Summers	SPM-96	1:00.62	Lisa Summers	SPM-96	2:09.19	Lisa Summers	SPM-96	4:52.84	Jenn Willis	ORLM-94	10:00.77	B. Bowman	SMS-95
30-34	28.24	Kathy Steele	HLJ-94	1:02.31	Charlotte Petersen	SPM-98	2:12.21	Melissa Varlas	FACT-05	4:34.55	Melissa Varlas	FACT-05	10:01.72	Linda Visser	ORLM-00
35-39	28.13	Charlotte Petersen	SPM-02	1:00.48	Charlotte Petersen	SPM-01	2:09.29	Charlotte Petersen	SPM-01	4:31.94	Charlotte Petersen	SPM-01	9:34.18	Charlotte Petersen	SPM-00
40-44	28.87	Cathy Shonkwiler	ORLM-01	1:03.18	Cathy Shonkwiler	ORLM-01	2:17.04	Cathy Shonkwiler	ORLM-01	4:55.50	Cathy Shonkwiler	ORLM-01	10:16.12	Cathy Shonkwiler	ORLM-00
45-49	30.08	Jean Bancks	HLJ-02	1:04.15	Jean Bancks	HLJ-03	2:24.36	Susan Halfacre	GSC-01	5:28.49	Jo Ann Harrelson	SPM-02	10:45.88	Jean Bancks	HLJ-03
50-54	30.75	Pat Sargeant	FACT-05	1:09.10	Pat Sargeant	FACT-05	2:33.52	Deb Walker	SWIM-02	5:42.78	Jayne Lambke	SPM-90	11:51.19	Pam Geiger	SPM-02
55-59	33.75	Jayne Lambke	SPM-94	1:15.61	Jayne Lambke	SPM-94	2:46.53	Jayne Lambke	SPM-96	5:57.89	Jayne Lambke	SPM-94	12:03.59	Jayne Lambke	SPM-98
60-64	35.76	Jayne Lambke	SPM-99	1:20.51	Jayne Lambke	SPM-99	3:02.45	Jayne Lambke	SPM-99	6:31.27	Jayne Lambke	SPM-99	14:38.21	Pat Tullman	FMM-99
65-69	38.55	Florence Carr	HLJ-93	1:23.36	Florence Carr	HLJ-90	3:10.86	Florence Carr	HLJ-93	6:51.63	Florence Carr	HLJ-93	13:53.71	Florence Carr	HLJ-93
70-74	38.36	Florence Carr	SPM-95	1:25.01	Jean Troy	FMM-99	3:09.62	Florence Carr	SPM-96	6:45.83	Florence Carr	SPM-95	14:23.04	Florence Carr	SPM-95
75-79	38.89	Jean Troy	FMM-02	1:26.20	Jean Troy	FMM-02	3:11.99	Jean Troy	FMM-02	6:44.09	Jean Troy	FMM-02	13:59.01	Jean Troy	FMM-02
80-84	42.03	Florence Carr	FMM-05	1:53.01	Bunny Cederlund	SPCO-03	4:18.76	Bunny Cederlund	SPCO-03	8:52.19	Bunny Cederlund	FACT-04	19:11.48	Kay Schimpf	SPM-97
85-89	1:02.24	Kay Schimpf	FMM-02	2:24.54	Kay Schimpf	FMM-02	5:11.86	Kay Schimpf	FMM-02	10:29.25	Kay Schimpf	FMM-02	21:44.00	Kay Schimpf	FMM-02
90-94															
1500 FREE			50 BACK			100 BACK			200 BACK			50 BREAST			
19-24	19:26.20	Claire Detra	FACT-04	32.17	Kristen Nardozi	SPM-05	1:11.26	Bobbi Jo Runyon	SWIM-96	2:37.53	H. Hagedorn	HLJ-02	36.88	D. Lavette	FACT-04
25-29	19:00.79	B. Bowman	SMS-95	31.98	Jenn Willis	ORLM-95	1:09.71	Jenn Willis	ORLM-95	2:29.06	Amanda Pagon	SPCO-00	35.70	Sudie Miller	HLJ-93
30-34	18:53.04	Linda Visser	ORLM-00	33.17	Melissa Varlas	FACT-05	1:13.63	Karen Becker	ACTT-01	2:29.62	Melissa Varlas	FACT-05	36.87	Merit Greaves	JAM-94
35-39	18:02.75	Charlotte Petersen	SPM-00	33.17	Cathy Shonkwiler	DSMC-96	1:12.13	Charlotte Petersen	SPM-03	2:31.97	Charlotte Petersen	SPM-02	37.72	Maud Orlando	SPM-99
40-44	19:27.56	Cathy Shonkwiler	ORLM-00	33.67	Cathy Shonkwiler	ORLM-01	1:15.39	Cathy Shonkwiler	ORLM-01	2:55.61	Tami Hindman	LCAM-00	37.54	Jean Siragusa	HLJ-03
45-49	20:09.37	Jean Bancks	HLJ-03	35.92	Susan Halfacre	GSC-01	1:18.86	Jean Bancks	HLJ-03	2:51.67	Jean Bancks	HLJ-03	38.67	Elaine Bromwich	SPM-90
50-54	22:25.63	Pam Geiger	SPM-02	39.57	Deb Walker	SWIM-03	1:23.67	Deb Walker	SWIM-02	2:56.63	Deb Walker	SWIM-02	39.45	Deb Walker	SWIM-02
55-59	22:40.01	Jayne Lambke	SPM-98	43.35	Chris Gilligan	SWIM-01	1:31.46	Chris Gilligan	SWIM-01	3:15.26	Chris Gilligan	SWIM-01	43.10	Meegan Wilson	300-03
60-64	27:03.21	Patricia Bond	FMM-00	46.78	Pat Tullman	FMM-99	1:41.72	Pat Tullman	FMM-00	3:47.64	Pat Tullman	FMM-00	41.68	Elaine Bromwich	SPM-04
65-69	27:15.74	Florence Carr	HLJ-93	45.61	Ann Champ	FMM-00	1:38.36	Ann Champ	FMM-01	3:28.51	Ann Champ	FMM-01	50.81	Jean Sterling	DBMS-03
70-74	27:07.40	Florence Carr	SPM-94	49.23	Bunny Cederlund	SPCO-95	1:46.05	Florence Carr	SPM-95	3:55.98	Florence Carr	SPM-95	50.73	Sylvia Eisele	SWIM-03
75-79	31:11.52	Florence Carr	UNA-00	50.82	Bunny Cederlund	SPCO-97	1:49.68	Regan Kenner	FMM-99	4:02.33	Regan Kenner	FMM-02	53.94	Gertrud Zint	HLJ-93
80-84	36:47.00	Kay Schimpf	SPM-97	53.97	Bunny Cederlund	SPCO-03	1:57.77	Bunny Cederlund	FACT-04	4:23.30	Bunny Cederlund	SPCO-03	1:04.37	Kay Schimpf	SPM-97
85-89	41:11.16	Kay Schimpf	FMM-02	1:09.41	Gertrud Zint	FMM-02	2:41.33	Gertrud Zint	FMM-02	5:45.75	Gertrud Zint	FMM-02	1:10.04	Gertrud Zint	FMM-02
90-94															
100 BREAST			200 BREAST			50 FLY			100 FLY			200 FLY			
19-24	1:19.85	Jennifer Alger	SPM-02	2:56.19	Esther Smith	UNA-94	30.53	D. Lavette	FACT-04	1:08.78	Jennifer Alger	SPM-02	2:43.09	Allison Beebe	SPM-99
25-29	1:17.66	Lisa Summers	SPM-96	2:49.95	Bev Acker	ORLM-95	30.09	Sudie Miller	HLJ-93	1:07.57	L. Welting	FAST-95	2:29.66	L. Welting	FAST-95
30-34	1:20.23	Merit Greaves	JAM-94	2:51.48	Linda Visser	ORLM-00	31.15	Melissa Varlas	FACT-05	1:05.24	Melissa Varlas	FACT-05	2:24.52	Melissa Varlas	FACT-05
35-39	1:20.49	Beverly Lense	ORLM-01	2:58.72	Maud Orlando	SPM-97	30.39	Cathy Shonkwiler	DSMC-96	1:09.72	Karen Becker	TBAC-03	2:40.03	Karen Becker	TBAC-03
40-44	1:21.44	Judy Tibma	DSMC-96	3:00.26	Judy Tibma	DSMC-96	31.85	Cathy Shonkwiler	ORLM-03	1:11.95	Cathy Shonkwiler	ORLM-01	3:00.51	Jo Ann Harrelson	SPM-98
45-49	1:23.20	Deb Walker	SMS-96	3:05.04	Deb Walker	SWIM-98	32.25	C-Ann Hudson	LCAM-02	1:13.36	C-Ann Hudson	LCAM-02	2:57.20	Anne Grams	UNA-95
50-54	1:25.53	Deb Walker	SWIM-03	3:05.81	Deb Walker	SWIM-02	35.06	Pat Sargeant	FACT-05	1:22.64	Jayne Lambke	SPM-89	3:20.74	Elaine Bromwich	SPM-93
55-59	1:35.31	Meegan Wilson	FACT-05	3:27.88	Meegan Wilson	300-03	37.70	Jayne Lambke	SPM-94	1:31.26	Jayne Lambke	SPM-94	3:28.37	Jayne Lambke	SPM-94
60-64	1:34.30	Elaine Bromwich	SPM-04	3:22.57	Elaine Bromwich	SPM-04	41.82	Jayne Lambke	SPM-99	1:40.35	Jayne Lambke	SPM-99	4:22.37	Nancy Durstein	CATM-93
65-69	1:52.45	Jean Sterling	DBMS-02	4:05.95	C. Schwab	DBMS-03	43.93	Florence Carr	HLJ-90	1:53.46	Pat Tullman	FMM-03	4:09.94	Florence Carr	HLJ-93
70-74	1:55.84	Gertrud Zint	HLJ-87	4:11.18	Gertrud Zint	HLJ-87	47.04	Florence Carr	SPM-96	1:55.64	Jean Troy	FMM-00	4:18.32	Jean Troy	FMM-01
75-79	2:02.29	Gertrud Zint	HLJ-96	4:25.09	Regan Kenner	FMM-99	48.70	Jean Troy	FMM-02	1:58.42	Jean Troy	FMM-02	5:07.59	June Reynolds	SPM-99
80-84	2:25.15	Regan Kenner	FMM-04	5:21.00	Regan Kenner	FMM-04	1:07.37	Florence Carr	FMM-05	2:36.99	June Reynolds	FMM-02	6:04.35	June Reynolds	FMM-03
85-89	2:53.08	Gertrud Zint	FMM-02	6:18.17	Gertrud Zint	FMM-03	1:31.62	Gertrud Zint	FMM-02						
90-94															
100 IM			200 IM			400 IM									
19-24	1:11.15	Tanya Felton	LCAM-02	2:30.11	Jennifer Alger	SPM-02	5:38.00	Esther Smith	UNA-94						
25-29	1:08.66	Lisa Summers	SPM-96	2:29.81	L. Welting	FAST-95	5:12.72	L. Welting	FAST-95						
30-34	1:12.62	Linda Visser	FACT-04	2:35.45	Melissa Varlas	FACT-05	5:22.89	Linda Visser	ORLM-00						
35-39	1:11.47	Charlotte Petersen	SPM-02	2:30.38	Charlotte Petersen	SPM-02	5:43.54	Karen Becker	TBAC-03						
40-44	1:14.34	Cathy Shonkwiler	ORLM-01	2:46.16	Mary Roebuck	HLJ-02	6:04.21	Jo Ann Harrelson	SPM-98						
45-49	1:18.30	Jean Bancks	HLJ-02	2:54.65	Peggy McDonnell	IRCC-01	6:09.55	Jo Ann Harrelson	SPM-01						
50-54	1:20.89	Deb Walker	SWIM-02	2:56.05	Pat Sargeant	FACT-05	6:57.84	Jayne Lambke	SPM-89						
55-59	1:31.20	Jayne Lambke	SPM-96	3:21.23	Jayne Lambke	SPM-95	6:57.84	Jayne Lambke	SPM-95						
60-64	1:35.60	Jayne Lambke	SPM-99	3:25.90	Florence Carr	HLJ-87	8:33.38	Jean Sterling	DBMS-00						
65-69	1:37.84	Florence Carr	HLJ-90	3:49.03	Florence Carr	SPM-94	8:16.12	Florence Carr	SPM-94						
70-74	1:43.66	Florence Carr	SPM-95	3:46.89	Florence Carr	SPM-95	8:19.48	Jean Troy	FMM-99						
75-79	1:46.72	Jean Troy	FMM-02	3:49.91	Jean Troy	FMM-02	8:30.87	Jean Troy	FMM-02						
80-84	2:17.75	June Reynolds	FMM-02	5:01.71	Kay Schimpf	SPM-97	11:05.81	Kay Schimpf	SPM-97						
85-89	2:40.99	Gertrud Zint	FMM-01	6:12.33	Gertrud Zint	FMM-02	13:32.12	Gertrud Zint	FMM-03						
90-94															

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FLORIDA LMSC RECORDS: Men's Short Course Meters (as of 12/31/05)

50 FREE			100 FREE			200 FREE			400 FREE			800 FREE		
19-24	24.12	Nei-Kuan Chia UNA-01	53.12	Jeff Poppell HLJ-93	1:56.27	Jeff Poppell HLJ-93	4:08.28	Jeff Poppell HLJ-93	8:39.19	Jeff Poppell HLJ-93				
25-29	23.12	Atiba Wade ORLM-02	52.47	Atiba Wade ORLM-02	1:57.15	Paul Robinson ORLM-93	4:10.40	Paul Robinson ORLM-93	8:41.80	Paul Robinson ORLM-93				
30-34	24.18	John Black HLJ-93	53.62	John Black HLJ-93	2:00.12	Cris Williams HLJ-93	4:21.63	Cris Williams HLJ-93	9:07.32	Cris Williams HLJ-93				
35-39	24.81	Scot Weiss ORLM-03	54.06	L. Meisenheimer ORLM-94	1:53.31	L. Meisenheimer ORLM-94	4:16.27	William Specht SPM-95	8:58.85	William Specht SPM-93				
40-44	24.79	Richard Mercer ORLM-04	55.02	C. Miltenberger ORLM-93	2:03.31	Jerry Dawson UNA-03	4:09.10	William Specht SPM-99	9:28.55	Larry Black SWIM-99				
45-49	25.27	Thomas Peek HLJ-93	55.71	L. Meisenheimer ORLM-02	2:04.41	Mark Drennen FACT-05	4:20.85	Mark Drennen FACT-05	8:49.81	Mark Drennen FACT-05				
50-54	26.08	Fred Ehmke FACT-04	58.40	Glenn Woodsum ATAC-00	2:11.43	Kevin McCormack SWIM-02	4:40.94	Rick Walker SWIM-00	9:41.25	Rick Walker SWIM-00				
55-59	26.88	Glenn Woodsum ATAC-02	1:00.27	Gelnn Woodsum FACT-04	2:13.52	Rick Walker FACT-05	4:52.20	Rick Walker FACT-05	9:42.09	Rick Walker FACT-05				
60-64	29.54	Harold Murray HLJ-03	1:05.00	Jack Beattie ORLM-94	2:32.10	Jerry Glancy ORLM-98	5:23.95	Jerry Glancy ORLM-98	11:49.49	Jerry Glancy ORLM-98				
65-69	30.72	Dren Geer SWIM-99	1:08.55	Dren Geer SWIM-99	2:27.88	Burwell Jones UNA-02	5:37.14	Dren Geer SWIM-00	11:06.67	Burwell Jones UNA-02				
70-74	31.31	Burwell Jones FACT-04	1:09.41	Burwell Jones FACT-04	2:30.27	Burwell Jones FACT-04	5:15.88	Burwell Jones SWIM-03	12:19.24	Robert Beach SPM-01				
75-79	33.94	Paul Hutinger FMM-99	1:23.71	Robert Blake FMM-03	3:21.95	Paul Hutinger FMM-01	6:53.63	Paul Hutinger FMM-00	14:22.68	Paul Hutinger FMM-00				
80-84	36.71	Rogers Holmes HLJ-02	1:27.89	Robert Blake FMM-05	3:19.45	Robert Blake FMM-05	7:41.06	Robert Blake FMM-05	15:51.87	Robert Blake FMM-05				
85-89	40.86	Brud Cleaveland FMM-02	1:46.59	Brud Cleaveland FMM-02	4:17.55	Brud Cleaveland FMM-02	11:04.27	Frank Tillotson FMM-99	20:20.92	Dave Malbrough FMM-98				
90-94	1:05.13	Peter Jurczyk IRCC-97	2:30.54	Peter Jurczyk IRCC-97										
1500 FREE			50 BACK			100 BACK			200 BACK			50 BREAST		
19-24	16:15.25	Jeff Poppell HLJ-93	27.70	Nei-Kuan Chia UNA-01	1:00.29	Nei-Kuan Chia UNA-01	2:10.62	Jeff Poppell HLJ-93	32.99	Jack Thomas SWIM-95				
25-29	17:08.15	Andrew Farrell ORLM-99	28.81	James Smith JAM-95	59.36	Nei-Kuan Chia UNA-03	2:10.95	Paul Robinson ORLM-93	29.35	Atiba Wade ORLM-02				
30-34	17:37.82	Andrew Farrell ORLM-00	25.54	Martin Zubero ORLM-01	55.19	Martin Zubero UNA-03	2:00.43	Martin Zubero ORLM-01	31.18	Rob Butcher DBMS-02				
35-39	18:50.49	Larry Black SWIM-95	27.54	William Specht SPM-93	59.57	William Specht SPM-94	2:10.01	William Specht SPM-93	31.63	Richard Mercer HHSC-02				
40-44	18:06.85	Larry Black SWIM-00	27.84	William Specht SPM-98	59.26	William Specht SPM-98	2:09.61	William Specht SPM-98	30.80	C. Miltenberger ORLM-93				
45-49	16:56.31	Mark Drennen FACT-04	28.81	Casey Clafin SWIM-99	1:03.19	Casey Clafin SWIM-00	2:16.39	William Specht SPM-04	32.68	C. Miltenberger ORLM-96				
50-54	18:15.20	Rick Walker SWIM-00	32.10	Kevin McCormack SWIM-03	1:08.20	Thomas Bliss FACT-04	2:26.75	Thomas Bliss FACT-04	33.63	Scott Guthrie UNA-95				
55-59	20:03.24	Burwell Jones UNA-89	33.37	Jack Beattie HLJ-89	1:12.89	Jack Beattie HLJ-89	2:41.11	Jack Beattie HLJ-89	34.06	Scott Guthrie UNA-99				
60-64	22:57.95	Jerry Glancy ORLM-98	34.05	Jack Beattie ORLM-94	1:13.55	Jack Beattie ORLM-94	2:40.75	Jack Beattie ORLM-94	34.91	Scott Guthrie UNA-04				
65-69	20:54.80	Burwell Jones UNA-02	35.10	Burwell Jones UNA-02	1:16.77	Burwell Jones UNA-02	2:57.61	Jack Beattie ORLM-01	40.59	Karl Wiedemann FACT-04				
70-74	23:58.19	Robert Beach SPM-03	35.71	Paul Hutinger SPM-94	1:16.73	Burwell Jones SWIM-03	2:51.24	Burwell Jones SWIM-03	41.31	Burwell Jones FACT-04				
75-79	28:18.14	Paul Hutinger FMM-00	38.38	Paul Hutinger FMM-99	1:25.13	Paul Hutinger FMM-00	3:12.53	Paul Hutinger FMM-00	43.42	Robt. MacDonald FMM-03				
80-84	32:20.18	Robt. Sigersmith FACT-04	41.58	Paul Hittinger FMM-04	1:33.27	Paul Hutinger FMM-04	3:38.12	Paul Hutinger FMM-04	50.21	Paul Hutinger FMM-04				
85-89	37:45.56	Dave Malbrough FMM-98	53.36	Dave Malbrough FMM-98	2:00.81	Dave Malbrough FMM-98	4:44.23	Dave Malbrough FMM-98	53.44	Brud Cleaveland FMM-02				
90-94			1:15.93	Peter Jurczyk IRCC-97	2:49.42	Peter Jurczyk IRCC-97			2:20.91	Frank Tillotson FMM-05				
100 BREAST			200 BREAST			50 FLY			100 FLY			200 FLY		
19-24	1:10.99	Jack Thomas SWIM-95	2:38.10	C. Sikes IRCC-90	25.94	Nei-Kuan Chia UNA-01	57.54	Jeff Poppell HLJ-93	2:07.64	Jeff Poppell HLJ-93				
25-29	1:05.80	Atiba Wade ORLM-02	2:30.94	Rob Butcher DBMS-96	25.58	Nei-Kuan Chia UNA-03	56.91	Nei-Kuan Chia UNA-03	2:29.30	Stuart Barton DSMC-96				
30-34	1:08.95	Rob Butcher DBMS-02	2:39.25	D. Doll ORLM-98	26.58	M. Shepardsen SPCO-90	58.88	M. Shepardsen SPCO-90	2:15.59	William Specht SPM-92				
35-39	1:09.75	Richard Mercer HHSC-02	2:37.64	Richard Mercer HHSC-02	25.89	William Specht SPM-93	57.02	William Specht SPM-93	2:06.48	William Specht SPM-94				
40-44	1:07.98	C. Miltenberger ORLM-93	2:36.32	C. Miltenberger ORLM-93	25.89	William Specht SPM-98	56.18	William Specht SPM-98	2:02.97	William Specht SPM-98				
45-49	1:10.97	Jerry Dawson NTC-05	2:38.83	Mark Drennen FACT-05	26.87	William Specht SPM-04	58.10	William Specht SPM-04	2:09.06	William Specht SPM-03				
50-54	1:15.46	C. Miltenberger ORLM-01	2:47.21	John McCall ORLM-01	27.49	Fred Ehmke FACT-04	1:00.08	John McCall ORLM-03	2:29.44	John McCall ORLM-01				
55-59	1:17.05	Rick Walker FACT-05	2:52.21	Rick Walker FACT-05	30.04	Rudy Vazmina FACT-05	1:11.73	Rudy Vazmina FACT-05	3:02.14	Ernie Leskowitz HLJ-96				
60-64	1:25.14	Gary Trimble SWIM-03	3:14.70	Scott Guthrie UNA-04	30.80	Scott Guthrie UNA-04	1:21.37	Christian Iselin ORLM-03	3:12.16	Christian Iselin ORLM-03				
65-69	1:27.29	Karl Wiedemann FACT-04	3:13.98	Karl Wiedemann FACT-04	35.41	Paul Hutinger SPM-93	1:29.92	Dren Geer SWIM-03	3:15.07	Dren Geer SWIM-00				
70-74	1:31.38	Robt. MacDonald FMM-99	3:24.72	Robt. MacDonald FMM-98	35.13	Paul Hutinger SPM-94	1:30.63	Dren Geer FACT-04	3:44.03	Joe Kurtzman FMM-97				
75-79	1:35.87	Robt. MacDonald FMM-03	3:34.95	Robt. MacDonald FMM-05	39.79	Paul Hutinger FMM-00	1:43.63	Robt. MacDonald FMM-05	4:16.35	Joe Kurtzman FMM-01				
80-84	2:09.76	Robers Holmes HLJ-01	4:43.42	Don McCullough FMM-99	45.56	Rogers Holmes HLJ-01	2:02.17	Paul Hutinger FMM-05	4:37.61	Paul Hutinger FMM-05				
85-89	2:09.54	Brud Cleaveland FMM-02	5:04.17	Brud Cleaveland FMM-02	1:21.41	Dave Malbrough FMM-01	3:11.89	Don McCullough FMM-01						
90-94														
100 IM			200 IM			400 IM			<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>					
19-24	1:02.77	Chris McKee ORLM-03	2:11.25	Jeff Poppell HLJ-93	4:44.27	Jeff Poppell HLJ-93								
25-29	1:02.24	Graham Ginn HLJ-98	2:13.96	Paul Robinson ORLM-93	4:52.77	Paul Robinson ORLM-93								
30-34	56.66	Martin Zubero UNA-03	2:23.54	Cris Williams HLJ-93	5:08.11	Cris Williams HLJ-93								
35-39	1:02.77	Richard Mercer HHSC-02	2:21.99	John Galloway SPM-00	5:11.36	Jay Lockaby FACT-05								
40-44	1:03.06	Jerry Dawson UNA-03	2:20.50	Jerry Dawson UNA-03	4:55.94	William Specht SPM-01								
45-49	1:03.38	Jerry Dawson NTC-05	2:23.04	Mark Drennen FACT-05	4:59.97	Mark Drennen FACT-05								
50-54	1:07.82	John Smith HLJ-89	2:25.24	Thomas Bliss FACT-04	5:14.61	John McCall ORLM-03								
55-59	1:12.67	Burwell Jones HLJ-89	2:41.86	Burwell Jones HLJ-90	5:54.37	Burwell Jones HLJ-89								
60-64	1:18.44	Harold Murray HLJ-03	2:49.03	Jack Beattie ORLM-94	6:38.30	Christian Iselin ORLM-03								
65-69	1:15.82	Burwell Jones UNA-02	2:50.95	Burwell Jones UNA-02	6:49.87	Dren Geer SWIM-00								
70-74	1:17.22	Burwell Jones SWIM-03	2:56.52	Burwell Jones SWIM-03	6:31.79	Burwell Jones FACT-04								
75-79	1:32.31	Paul Hutinger FMM-00	3:34.96	Robt. MacDonald FMM-03	8:00.40	Paul Hutinger FMM-00								
80-84	1:43.06	Paul Hutinger FMM-04	4:18.15	Rogers Holmes HLJ-01	10:45.22	Don McCullough FMM-99								
85-89	2:12.82	Brud Cleaveland FMM-03	5:57.12	Don McCullough FMM-01	12:53.77	Don McCullough FMM-01								
90-94														

FLORIDA LMSC RECORDS: Relay Short Course Meters (as of 12/31/05)

	200 FREE-WOMEN	200 MEDLEY-WOMEN	400 FREE-WOMEN	400 MEDLEY-WOMEN	800 FREE-WOMEN
72+	2:06.79 Sirbu, Hall McNiece, Ries ORLM-93	2:25.00 Keaton, Saristy, Kosson, Olson ORLM-01	4:51.41 Kosson, Saristy, Keaton, Olson ORLM-01		
100+	1:58.34 Steele, Aguilar, Hansen, Sutton HLJ-94	2:15.25 Trompke, Alger, Forkois, Petersen SPM-02	4:18.93 Junkerman, Brown, Trompke, Petersen SPM-00	5:43.89 Dickson, Sariusky, Bettler, Marques ORLM-02	
120+	1:58.49 D & H O'Brien, Hartle, Keller ORLM-95	2:12.76 Tibma, Orlando, Shonkwiler, PetersenSPM-98	4:22.74 Beebe, Shonkwiler, Moses, Petersen SPM-99	5:09.56 Trompke, Orlando, Zien, Petersen SPM-01	10:48.31 Oleksy, Swanson, Flanagan, Stauch SPM-95
160+	2:03.36 Tibma, Moses, Geiger, Petersen SPM-00	2:22.16 Dodd, Walker, Seal, Kolbe SWIM-98	5:03.89 Salzman, Zien, Swanson, Harrelson SPM-02	5:23.16 Orlando, Flanagan, Moses, Geiger SPM-99	11:00.62 Harrelson, Swanson, Geiger, LeadbetterSPM-00
200+	2:36.49 Brewer, Steer, Geiger, Lambke SPM-99	2:44.33 Geiger, harrelson, Lambke, BromwichSPM-98	5:48.78 Lambke, Steer, Harrelson, Swanson SPM-99	6:10.61 Harrelson, Bromwich, Swanson, Geiger SPM-03	
240+	2:47.44 Bromwich, Steer, Knight-Perry, Geiger SPM-02	3:18.02 Bromwich, Steer, Geiger, Knight-PerrySPM-02	6:35.11 Bromwich, Steer Knight-Perry, GeigerSPM-02	7:08.51 Bromwich, Steer, Knight-Perry, Geiger SPM-02	16:24.75 Prokopi, Olsen, Hutinger, MitchellSPM-95
280+	3:04.95 Carr, Zint, Reynolds, Beers HLJ-93	3:24.20 Tullman, Kenner, Troy, Carr FMM-01	6:10.44 Troy, Homans, Carr, Tullman FMM-02	7:30.18 Tullman, kenner, Troy, Carr FMM-01	19:26.58 Oreto, Yost, Kennedy, ReynoldsSPM-95
320+	3:25.71 Troy, Schimpf, Zint, Carr FMM-02	4:13.67 Kenner, Zint, Carr, Schimpf FMM-02	9:34.11 Schimpf, Hughes, Zint, Kenner FMM-02	10:28.35 Kenner, Zint, Reynolds, Vann FMM-04	18:25.47 Schimpf, Hughes, Reynolds, Carr FMM-01

	200 FREE-MEN	200 MEDLEY-MEN	400 FREE-MEN	400 MEDLEY-MEN	800 FREE-MEN
72+		1:54.72 Neumayer, Wade, Hynes, McKee ORLM-02			
100+	1:43.60 Boney, McKee, Neumayer, Wade ORLM-02	1:53.48 Black, Williams, McKean, Poppell HLJ-93	3:53.22 Wade, Hynes, Weiss, Neumayer ORLM-02		
120+	1:39.49 McKean, Williams, J.Black, Peek HLJ-93	1:53.30 DeLaPiedra, Koenig, Starford, Scott TBAC-01	3:53.02 Starford, Scott, Maddox, DeLaPiedraTBAC-02	4:45.02 Bateman, Turner, McCall, Finney SPCO-99	
160+	1:43.39 Weiss, Meisenheimer, Keen, Ehmke ORLM-02	1:54.08 Shepardson, Miltenberger, Ehmke, MeisenheimerORLM-96	3:50.75 Allbritton, Hemple, Kennedy, Frazier SPM-02	4:34.18 Specht, Hemple, Collins, Frazier SPM-02	8:45.81 Woodsum, Ruth, Williams, Schlak BRAT-95
200+	1:47.69 Inman, Hawkins, Bastman, Scott TBAC-02	2:11.89 Hawkins, Inman, Carrol, Bastman TBAC-02	5:15.27 Murray, Steele, Pillmore, Nickodem FACT-04	4:46.31 Hefner, Donnelly, McCormack, Brewer SWIM-00	
240+	2:07.68 Weatherbee, Beattie, Sirbu, Glancy ORLM-96	2:23.88 Hutinger, Betzer, Smith, Ferris SPM-93	5:17.90 Burns, Kohnken, DeGroot, Ferris SPM-93	6:08.92 Hutinger, Burns, Betzer, Johnston SPM-92	
280+	2:21.20 MacDonald, Hutinger, Unger, A.Kurtzman FMM-99	2:31.20 Hutinger, MacDonald, Kurtzman, Maloney FMM-97	5:47.99 Hutinger, Maloney, Schlegel, MacDonaldFMM-00	6:10.90 Hutinger, MacDonald, Lathi, Schlegel FMM-01	14:59.48 Tillotson, Hutinger, Maloney, EverhartFMM-00
320+	3:23.04 Tillotson, Cleaveland, Williams, Pitts FMM-02	3:57.79 Tillotson, Cleaveland, Maloney, Homans FMM-02	7:58.92 Tillotson, Williams, Cleaveland, MacDonald FMM-02	8:44.50 Tillotson, Cleaveland, MacDonald, Homans FMM-02	18:05.44 Hotvedt, Tillotson, Johnston, Walbolt SPM-95

	200 FREE-MIXED	200 MEDLEY-MIXED	400 FREE-MIXED	400 MEDLEY-MIXED	800 FREE-MIXED
72+	1:55.85 Hall, Charmforoosh, Sirbu, Brancato ORLM-93	2:15.73 Neumayer, Sauriusky, Bettler, Wade ORLM-02			
100+	1:49.49 Thomas, Sutton, Runyon, Faubel SWIM-96	2:04.48 Wills, Charmforoosh, Brancato, VanDerMolenORLM-94			
120+	1:45.78 Summers, Specht, M-Bussey, Barton SPM-96	2:00.78 Specht, Orlando, Barton, ShonkwilersPM-98		5:37.82 Irving, D.Walker, Borsheski, MitchinsonSWIM-03	10:47.66 Irving, Borsheski, Thompson, SealSWIM-03
160+	1:50.25 Weiss, Marques, Shonkwiler, Ehmke ORLM-03	2:06.42 Frazier, Flanagan, Specht, Petersen SPM-01	4:51.26 Milligan, Orlando, Bastie, Shonkwiler SPM-98		10:47.61 Ross, Betzer, Geiger, Leadbetter SPM-95
200+	2:11.62 Dodd, Garbus, Worthington, ClaffinSWIM-00	2:20.09 Claffin, D.Walker, Geer, Dodd SWIM-00		5:40.82 Swanson, Betzer, Bastie, Geiger SPM-04	14:09.20 Knight-Perry, Perry, Steer, Day SPM-95
240+	2:23.84 Lambke, Bromwich Arnold, Ferris SPM-98	2:35.19 Gilligan, D.Walker, Messineo, RandallSWIM-01	6:13.89 Steer, Lambke, Kohnken, Ferris SPM-98	6:23.18 Betzer, Steer, Bastie, Knight-Perry SPM-02	12:46.60 Cox, Allen, Lambke, KohnkenSPM-95
280+	2:32.53 Troy, MacDonald, Tullman, P.HutingerFMM-00	2:56.74 Cederlund, Wilson, Geer, Sigersmith FACT-04	6:03.05 Schimpf, Carr, DeGroot, MacDonaldSPM-95	6:34.16 P.Hutinger, Maloney, Tullman, Troy FMM-00	13:32.79 Maloney, Schimpf, Carr, MacDonald SPM-95
320+	2:57.86 Carr, Reynolds, P.Hutinger, Cleaveland FMM-03	3:26.35 P.Hutinger, Zint, Troy, Cleaveland FMM-03	8:18.35 Johnston, Schimpf, Walbolt, ReynoldsSPM-97		

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Daytona Swimmers (continued from page 9)

Swimmers in the Daytona Beach and surrounding Volusia County area are being put through their paces and gently shipped into shape by legendary coach and longtime maverick team member Charlie Schlegel, who recently began offering the swim workouts at the DBCC pool. Leading this group of fearless athletes in the water is the record-breaking Ruth Thompson, who leads by example by being first in the water and showing the rest how it's done. Several of the swimmers are simply advocates of the sport who wish to improve their skill and technique, while others have competitive spirits.

Open Water: July 8 Charity Swim

Note: The following event is not sanctioned by USMS. The announcement is being published as a public service to the Florida Lions Camp.



The Gulf Coast Charity Swim is an open water (lake) swim to raise funds for the Florida Lions Camp for youth with visual impairments and other challenging disabilities. It is hosted by and held at Miromar Lakes Beach &

Golf Club in Miromar Lakes, Florida (www.miromarlakes.com).

Swimmers, who will have two hours to complete their swims, choose their own distances to swim along a 1-mile course set in the community's beautiful aqua-blue, fresh water West Lake Como (click on "amenities" on the Miromar Lakes web page to see the lake). Swimmers recruit sponsors to donate funds in their names.

Money raised will benefit the Florida Lions Camp, a private, nonprofit camp dedicated to serving the needs of youth with visual impairments and other challenging disabilities (www.lionscampfl.org).

The GCCS is not a race, but instead a casual swim for charity.

The number of swimmers will be limited to 50. Swimmers and sponsors will be eligible for prizes worth thousands of dollars and all participants will be treated to a post-swim lunch at Miromar's Cabana Beach where prize winners will be announced, and they will receive a tote bag filled with gifts. Prize categories range from most money raised by a swimmer (prize: Bahamas SCUBA/Snorkeling Cruise on a 65-ft sailing vessel donated by Blackbeard Cruises of Miami) to most inspiring swimmer, eldest swimmer, and youngest swimmer.

To register and begin fund raising, visit www.active.com, click on Individual Sports, and search for Gulf Coast Charity Swim. Online registration will allow swimmers to create their own web page with photo and send the link to their sponsors for online donations through a secure web site. Swimmers unable to register online may obtain a printed registration form by contacting K. Taubert, 239-590-0013 and leave a name, mailing address, and phone.

All donations are fully tax-deductible.

Exhibiting his award-winning coaching skills and putting them to the test with this group, Charlie has a keen eye and technique for identifying what individual swimmers should be focusing on while still overseeing the total group workout. This phenomenal ability is no doubt invaluable to the obvious improvements in individual technique being observed by the end of each swim. And not to be considered a pushover, if one of his swimmers has an outburst of the all to familiar moans and groans, a brief break is allowed, but as the pro say, "The swim must go on."

Look for future updates on the progress of this exciting and growing group of athletes and their beloved coach. In the mean time, kick hard and kick fast, fellow swimmers.

Meet Information

At the April LMSC meeting, members in attendance voted to rescind the LMSC policy that all meets in the LMSC must use the Florida Consolidated Entry Form; it is now optional.

Two of the three summer meets on the following pages chose to continue using the familiar Florida Consolidated Entry form while the third has chosen to create its own.

Because newsletter pages are printed on both front and back sides of the pages, **it is strongly recommended that swimmers planning to enter any of the meets**

MAKE COPIES

of the entry forms and meet information rather than cutting them out of the newsletter, to prevent inadvertently mailing away some or all of the information on the back of one of the entry forms.

If additional copies are needed, everything can be found online at www.dixiezone.org/Meets.htm where there are also maps and directions to the pools. Swimmers without access to computers should ask their coaches and/or team representatives to make copies and have them available at the individual workout pools.

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). Links to other meets in the Dixie Zone (zone long course championships in North Carolina, for example) and links to national events are also on the zone meets page.

Short Course Yards

May 11-14 ... USMS SCY Nationals Coral Springs
May 18-21 ... YMCA Masters Nationals Ft. Lauderdale

Long Course Meters

June 10-11 ... *Bumpy Jones Classic Sarasota
June 17 Summer Series I Ft. Lauderdale
July 8 Summer Series II Ft. Lauderdale
July 14-16 *St. Pete Masters LC Championships St. Petersburg
July 22-23 Dixie Zone LC Championships Raleigh NC
Aug. 3-17 FINA World Masters Stanford, CA
Aug. 20 *Blue Wave Masters Invitational Brandon

*Meet information and entry in this newsletter

Sarasota Y Sharks Masters

2006 Bumpy Jones Classic Long Course Meters T-shirt Meet

June 10-11, 2006 ~ Hosted by Sarasota YMCA Sharks Masters

Sanctioned by Florida LMSC for USMS, Inc. #146-004

Meet directors: Rick Walker/Jay Lockaby

DATE & TIME: Saturday, June 10: warm-up at 10 AM; meet begin at 11 AM

Sunday, June 11: warm-up at 8 AM; meet begins at 9 AM.

FACILITY: The beautiful Sarasota YMCA Selby Aquatic Center, 8301 Potter Park Drive, Sarasota, Florida: an outdoor 50-meter x 25-yard pool (www.sarasota-ymca.org). Colorado Timing will be provided for competition. A 25-yard warm-up pool will be available at all times. All events will be swum in numerical order, slow to fast, with the exception of the 400 Freestyle and 400 Individual Medley, which will be swum fast to slow. These two events will swim mixed gender. The Y pool is generally regarded as one of the top facilities in Florida. Much improved shade and seating have recently been added. Pool chillers keep the pool at optimum levels for competition.

ELIGIBILITY: Current USMS rules will govern. All athletes 18 years of age and older as of June 10, 2006, and registered with USMS, Inc. Non-U.S. swimmers should have a letter of introduction from their own swimming association.

ENTRIES, FEES & DEADLINES: Swimmers must pre-enter by mail. Swimmers may enter a maximum of five individual events per day. Each entry must be submitted on the Florida LMSC Consolidated Entry Form with your name, club, age, event description, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver is signed, and a copy of your USMS registration card is attached. Scratches will be accepted and full refunds made if notification is received on or before June 6, 2006. You must email staceyhowle@verizon.net or call 941-966-0432 to receive a refund. **Entries must be received by Wednesday, May 31, 2006. Late entries will be accepted until June 5 for a \$5 surcharge. Contact Rick Walker at 941-346-7946 for procedure. Send entries to: STACEY HOWLE, 1985 S. TAMIAMI TRAIL, OSPREY, FL 34229. Phone 941-966-0432. make check payable to SYSM. NO DECK ENTRIES.**

RELAYS: Relay teams may be entered at the meet both Saturday and Sunday. THERE IS NO CHARGE FOR RELAYS. Only team members registered for the meet may participate. Participants may swim in ONE relay per day: Women, Men, or Mixed. All relays will swim in combined heats.

SCORING & AWARDS: A FREE top quality T-shirt will be awarded to any swimmer entering BOTH Saturday and Sunday. Swimmers who enter ONE DAY ONLY will be able to purchase a T-shirt at a reduced \$8. Mark your SIZE on the entry form below. Ribbons awarded 1st-8th place.

PARTY IN THE PARK: Join us for fun, food and music Saturday around 4 pm at Potter park, adjacent to the pool. Meet new friends, relax with a cold beverage, and hope you are lucky enough to win one of many fine gifts and gift certificates to be given away at the party. Start time for the party will be announced at the meet, with the party to start at or near the conclusion of the 400 Free. Sign up on the entry form below; all are welcome at our legendary party! There will be no refunds for weather cancellation.

CONTACT: Rick Walker. Telephone (941) 346-7946. email: Rickmile@aol.com

ORDER OF EVENTS:

Saturday, June 10

Sunday, June 11

	1/2 200 back	21/22 200 breast
	3/4 100 breast	23/24 50 fly
	5/6 200 free	25/26 100 free
	7/8 100 fly	27/28 100 back
	9/10 50 free	29/30 200 fly
	11/12 200 IM	31/32 50 breast
	13/14 50 back	33/34/35 **800 free relay
15/16/17	**400 medley relay	37/38 *400 IM
19/20	*400 free	

*** check in required; swum fast to slow**

**** swimmers may participate in only one relay per day; swum combined.**

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

Fees: Enter one day (\$25) =\$ _____
or Enter two days (\$35) =\$ _____
 1-day entries: T-shirt @ \$8.00 =\$ _____
(one free T-shirt with two-day entry)
 Extra T-shirt (____) @ \$12 =\$ _____
 circle size(s): S M L XL
 PARTY (____) @ \$12 =\$ _____
 TOTAL ENCLOSED =\$ _____

Make checks payable to **SYSM** and mail the check and the entry form with this tab attached to Stacey Howle, 1985 S. Tamiami Trail, Osprey FL 34229.

**ATTACH A COPY OF YOUR
2006 USMS CARD HERE.**

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

St. Pete Masters Long Course Swimming Championships
July 14, 15, and 16, 2006

Sanctioned by: Florida LMSC for USMS, Inc. Sanction # 146-011

- Date & Time** Friday, July 14: 1500 free warm up: 4:30 pm; Swim: 5:00 pm
 Saturday & Sunday, July 15 and 16: Warm-up: 8:00 am; Swim: 9:00 am
- Facility** North Shore Pool is located at 901 North Shore Drive, NE. Eight competition lanes with a segregated warm up lane. Colorado Timing with hand-held watches will be used.
- Eligibility & Rules** Open to all registered MASTERS, age 18 years and older. **Meet age is your age on December 31, 2006. A copy of your 2006 USMS Card MUST be attached to the entry form.** 2006 USMS rules govern.
- Entries** Swimmers may enter five (5) events per day PLUS relays. Cost per event is \$2.50. Cost per relay is \$5.00. There is a \$15 meet surcharge for all swimmers. Make check or money order payable to: **St. Pete Masters. Mail entries to:** Patty nardozzi ~~ 6346 27th Avenue North ~~ St. Pete, FL 33710.
Questions? Contact Patty at: (727) 343-5960 or pnardozzi@hotmail.com
- Deadline & Scratches** **Meet entries must be RECEIVED BY JULY 5.** If you are unable to attend, contact Patty Nardozzi no later than **July 12** and your money will be refunded in full.
- Seeding** Check in required for the 1500m Free, 400m IM and the 400m Free. Entries will be seeded by time, slowest to fastest **except the 1500 Free will be seeded Fast to Slow** on Friday Evening. The 800m Free split will be submitted for all swimmers completing the 1500m Free and recording an electronic split at the 800m mark.
- Relays** Relays will be deck entered and seeded prior to each race. All relay swimmers must be registered with the meet, sign the meet waiver, and pay the meet surcharge. Mixed relays consist of 2 Women and 2 Men. Co-mingling of FACT swimmers for relays is permitted, but will not be scored.
- Awards & Scoring** Awards will be given for each event. **Individual High Point** awards for 1st, 2nd and 3rd in each age group will be given with a minimum of five events completed. Scoring: 9-7-6-5-4-3-2-1 pts for individual events. Clubs and swimmers affiliated with FACT will swim as their chapter for this meet.
- Heat Sheet & Results** A heat sheet will be provided each entrant. One copy of results will be provided to each team free of charge; additional copies may be ordered on the entry form or at the meet for \$7.00 per copy. Results for the 800 Free will be submitted for Top Ten consideration provided the competitor records a split and completes the 1500m Free.

Order of Events	Friday		Saturday		Sunday	
	<u>W/M</u>	<u>Event</u>	<u>W/M</u>	<u>Event</u>	<u>W/M</u>	<u>Event</u>
	1/2	1500m Free	3/4	200m back	23/24	200m free
			5/6	100m free	25/26	50m breast
			7/8	50m fly	27/28	100m fly
			9/10	200m Mixed Medley Relay	29/30	200m Mixed Free Relay
			11/12	100m breast	31/32	200m breast
			13/14	200m fly	33/34	100m back
			15/16	200m IM	35/36	50m free
			17/18	50m back	37/38	200m Free Relay
			19/20	200m Medley Relay	39/40	400m IM
			21/22	400m free		

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

To enter the meet, complete and return the meet entry form provided. Mail Entry Form, check payable to St. Pete Masters and a copy of your 2006 USMS card to:

Patty Nardozzi ~~ 6346 27th Avenue North ~~ St. Pete, FL 33710

BRANDON BLUE WAVE MASTERS SWIM MEET

Saturday, August 26, 2006

SANCTIONED BY: Florida LMSC for USMS, Inc Sanction #146-010
 SPONSORED BY: Brandon Blue Wave Masters
 TYPE OF MEET: Long Course Meters
 LOCATION: Brandon Sports and Aquatic Center
 405 Beverly Blvd.
 Brandon, Florida 33511
 Phone: 813/689-0908, ext.19

DATE AND TIME: Saturday, August 26, 2006. Warm-up at 7:30 am. Start at 9 am.
 POOL SPEC: 50 meter long course, a maximum of 8 lanes, with starting blocks; will be seeded for all events.
 ELIGIBILITY: Open to any swimmer holding a 2006 US Masters Swimming membership card.
 SEEDING: All events are timed finals.
 AWARDS: Ribbons 1-8 will be awarded for each event.
 ENTRY LIMIT: Limited to 5 individual events.
 ENTRY FORM: Entries must be submitted on Florida LMSC Consolidated Entry Form with copy of USMS registration card attached. All forms must be completed in full and signed. Forms must be completed and returned with payment in full for each swimmer.
 ENTRY FEE: \$10.00 meet surcharge (not refundable), \$2.50 per swimmer per event, \$5.00 per relay (Relays will be deck seeded) payable to Brandon Swim Boosters \$5.00 Deck Entry
 ENTRY DEADLINE: Entries must be received by 5:00 pm, August 16, 2006.
 MAIL ENTRIES TO: Brandon Sports and Aquatic Center
 Attn: Sue Moucha
 405 Beverly Blvd.
 Brandon, Florida 33511

RULES: Current USA Masters swimming rules will govern. Safety rules as outlined by USA Masters Swimming and as directed by the Head Referee.
 TIMING: Handheld stopwatches.
 FOOD: Snacks will be provided

QUESTIONS: Contact Sue Moucha at Brandon Sports and Aquatic Center at 813/689-0908, ext.19.

ORDER OF EVENTS (all events seeded slowest to fastest except 800 free):

F-M	EVENT	F-M	EVENT
1-2	50 Back	11-12	100 Breast
3-4	50 Breast	13-14	100 Butterfly
5-6	50 Butterfly	15-16	100 Free
7-8	50 Free	17-18	200 IM
	<i>10 MINUTE BREAK</i>	19	4x100 Free Relays (women, men, OR mixed)
9-10	100 Back		<i>30 MINUTE BREAK</i>
		20	800 Free (combined women & men by time, seeded fastest to slowest)

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

Fees: Meet surcharge (non refundable) =\$ 10.00
Event entries (_____ x \$2.50) =\$ _____
Deck entries (_____ x \$5.00) =\$ _____

TOTAL ENCLOSED =\$ _____

Make checks payable to **Brandon Swim Boosters** and mail the check and the entry form with this tab attached to
 Brandon Sports and Aquatic Center
 attn: Sue Moucha
 405 Beverly Blvd.
 Brandon, FL 33511

**ATTACH A COPY OF YOUR
 2006 USMS CARD HERE.**

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

Florida LMSC Consolidated Entry Form

Name _____ male female USMS # _____
 Phone (____) _____ email _____ Birthdate ____/____/____ *Age _____
 Club _____ If applicable, FACT chapter _____
** SCY is your age on the last day of the meet; LCM and SCM are your age on December 31*

event #	FREE (seed time)	event #	BACK (seed time)	event #	BREAST (seed time)	event #	FLY (seed time)	event #	IM (seed time)
_____	50 ____:____.____	_____	50 ____:____.____	_____	50 ____:____.____	_____	50 ____:____.____	_____	100 ____:____.____
_____	100 ____:____.____	_____	100 ____:____.____	_____	100 ____:____.____	_____	100 ____:____.____	_____	200 ____:____.____
_____	200 ____:____.____	_____	200 ____:____.____	_____	200 ____:____.____	_____	200 ____:____.____	_____	400 ____:____.____
_____	400/500 ____:____.____	MEET _____		Office Use Only					
_____	800/1000 ____:____.____	LOCATION _____		Amt. Rec'd. _____					
_____	1500/1650 ____:____.____	MEET DATES _____		Date Rec'd. _____					

Read the information sheet carefully. Make your check payable as shown on the information sheet and mail it to the address shown there. All Masters swimmers may be asked to show their USMS cards, if requested, at the meet. Incomplete entries (no fee, no copy of USMS card, incomplete entry card) or late entries (post-marked/received after the deadline) **MAY BE REJECTED!** No time (NT) entries will **NOT BE ACCEPTED!**

Signature on this form is **REQUIRED!** Be sure a copy of your USMS card is attached below!

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide and be governed by the rules of USMS. (see Rule Book Article 203.1)

PLEASE SIGN AND DATE _____

Attach the entry form tab from the bottom of the information page in the space below.

Complete and detach the entry form tab from the information page and tape it in this box.

Be sure that a copy of your current USMS registration card is attached to the entry form tab.

FLORIDA

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

Swimmer's ear and three drops of prevention

What it is...

There are multiple types of ear infections, and different possible causes. Some are due to bacteria, some to chemical imbalances (as in pool water), and some due to fungi. Sometimes, it's even a combination of these.

The one that most often affects swimmers is called *otitis externa*. It affects the external canal that leads from the outer ear to the eardrum and is frequently called "swimmer's ear."

Water that stays in the ear canal can cause irritation and a breakdown of the lining of the canal, allowing bacteria or fungi to find a nice place to stay, resulting in an infection. This frequently happens to swimmers – getting water in the ear canal is a natural part of swimming. The infection causes ear pain, sometimes severe, especially with movement of the ear lobe.

How to avoid it...

There are two approaches to preventing ear infections: dry the ear out after swimming, or keep water from entering in the first place.

The best prevention is a half-and-half mixture of rubbing alcohol and white vinegar – three drops in each ear after a swim. The alcohol helps dry the canal while the acidic vinegar retards growth of bacteria and fungus. You can buy over-the-counter mixtures that do the same thing, but they cost a lot more.

A different approach is to stop the water from entering in the first place by wearing well-fitted ear plugs. Do not use Q-tips for drying because they can irritate the skin that lines the canal, which actually makes an infection easier to establish.

What to do if you've got it...

Otitis externa is usually treated with ear drops that contain an antibiotic and may also contain a steroid or cortisone-like medication to reduce inflammation. But because there are so many possible causes, consult a doctor rather than trying to medicate yourself. Fungal infections can be a lot more complex than bacterial ones and are treated differently. If the doctor prescribes antibiotics, be sure to finish the complete course that was prescribed rather than stop as soon as the irritation starts to subside. That helps prevent relapses and eliminates those pesky little bacteria so they aren't able to rally and develop a resistance to the antibiotic.