

FLORIDA

LOCAL MASTERS SWIMMING COMMITTEE

August, 2006, Newsletter

Volume 23, Number 3

LMSC swimmers shine at USMS SCY Nationals in Coral Springs

The numbers alone are impressive: 96 swimmers from twelve clubs in the Florida LMSC competed in the 2006 USMS Short Course Nationals in Coral Springs in May where they won 124 gold, silver, and bronze individual medals and set two new American records.

The records setters were Adam Jerger from St. Pete Masters in the men's 25-29 100 breaststroke (:55.66) and Florence Carr, *below*, from the Sarasota Y Sharks Masters in the women's 80-84 50 fly (:54.87).



LMSC swimmers who dominated their age groups by winning six gold medals were Robert Sigersmith, FACT, by winning every freestyle event; Jean Troy, FMM, with golds in the free, fly, and IM events; Paul Hutinger, FMM in all of the back and fly events, and Gertrud Zint, FMM, who won all six of her events including a sweep of the breaststroke races.

Carr won five golds in individual events, and Brud Cleaveland, FMM, won four golds. Triple gold winners

were Joan Campbell, FACT, Margaret Homans, FMM, Meegan Wilson, FACT, and Adam Jerger, SPM.

Individual gold and silver medalists are listed at the right.

LMSC relay teams also did well. Sigersmith added two more gold medals to his total by anchoring the 75+ freestyle and medley relays for the Florida Aquatic Combined Team. James Hiers, Joan Campbell, and Nancy Durstein swam the other legs.

Troy added two more golds to her total by anchoring the 65+ women's freestyle and medley relays for the Mavericks. She was joined on the relays by Jean Allen, Margaret Homans, and Pat Tullman.

The host Gold Coast Masters captured the combined team title, followed by Colorado Masters, Fort Lauderdale Aquatics, Florida Aquatic Combined Team, and Illinois Masters. 1,271 swimmers from 156 clubs competed.

Other good team showings from the LMSC were the Mavericks in 9th place, St. Pete Masters in 31st, Collier County Y Masters in 46th, and Sarasota Y Sharks Masters in 53rd.

Complete individual, relay, and team results can be found in a searchable database on the USMS web site at www.usms.org/comp/scnats06/

Also look in the club news beginning on page 6 of the newsletter for more stories.

Top LMSC medal winners at the 2006 USMS SCY Nationals

GOLD MEDALS, INDIVIDUALS

Jean Allen (50 br)
Joan Campbell (1000 fr, 200 fly, 400 IM)
Florence Carr (100/200 fr, 50 fly, 100/200 IM)
Brud Cleaveland (50/200 fr, 100/200 br)
Nancy Durstein (1650 fr)
Margaret Homans (200/1650 free, 200 breast)
Paul Hutinger (50/100/200 ba, 50/100/200 fly)
Margit Jebe (1000 free, 200 IM)
Adam Jerger (50/100 br, 50 fly)
Jay Lockaby (200 fly)
Charlotte Peterson (1000 fr)
Sarah Quinty (200 IM)
Charles Schlegel (200 ba)
Robert Sigersmith (50/100/200/500/1000/1650 fr)
William Specht (100/200 fly)
Jean Troy (50/100 free, 50/100 fly, 100/200 IM)
Karl Wiedamann (50 br)
Meegan Wilson (50/100/200 br)
Gertrud Zint (50/100/200 br, 50 fly, 100/200 IM)

SILVER MEDALS, INDIVIDUALS

Doug Brown (1650 fr)
Nancy Durstein (100 fly)
Erica Erndl (200 br, 100/200 IM)
Annamarie Guglielmi (200 fly)
JoAnn Harrelson (400 IM)
James Hiers (50/200 ba)
Margaret Homans (50/100 fr)
Margit Jebe (100 br)
Adam Jerger (100/200 IM)
Aaron Kurtzman (50 fly)
Jay Lockaby (50 ba)
Stepan Oliva (100 fr)
Don Puchalski (50 br, 50 fly)
Pat Sargeant (100 free, 100 fly)
William Specht (200 ba)
Patricia Tullman (100 fly)
Holly Vaughn (50/100 br)
Karl Wiedamann (100/200 br)

GOLD MEDALS, RELAYS

M 65+ free: FACT (Doug Brown, Karl Wiedamann, Don Puchalski, Mike Stollmeyer)
M 65+ medley: FACT (Don Puchalski, Karl Wiedamann, Charles Kilbourne, Mike Stollmeyer)
W 65+ free: FMM (Jean Allen, Margaret Homans, Pat Tullman, Jean Troy)
W 65+ medley: FMM (Margaret Homans, Jean Allen, Pat Tullman, Jean Troy)
Mx 55+ free: FACT (Glenn Woodsum, Nathan Leech, Joan Robinson, Meredith Moore)
Mx 75+ free: FACT (James Hiers, Joan Campbell, Nancy Durstein, Robert Sigersmith)
Mx 75+ medley: FACT (James Hiers, Joan Campbell, Nancy Durstein, Robert Sigersmith)

From the Chairman's Desk

Dear FL LMSC Swim Buddies,

Our next FL LMSC meeting will occur after the publication of this newsletter, so my summary of our session will not be covered as normal. As a result I feel I need to stress the importance of representation and communication. Even though my preaching is primarily directed to your Team Representatives, since they are expected to attend LMSC meetings, I am also talking to each member.



If you are not an informed member of the LMSC, then shame on you. You will only get what you put into any experience. In other words what you sow you will reap. In order for you to effectively put into our organization you have to know what you can do and how. If you are not informed as to what is going on, you probably won't be very effective in your support.

With that said, I want to report that out of approximately 40 clubs, there is regular attendance of less than 25% of those clubs by their Team Representatives. Hopefully those Team Representatives are keeping their clubs "in the know" because that is one of the most important aspects of their position – COMMUNICATION! Even though the newsletters and the web page go a long way to keep you informed, they can only serve you so much. Your club's representation at periodic FL LMSC meetings is imperative.

As an organization we have come a long way. Through the efforts of Victor Buehler and some other support people, we are in the process of streamlining, fine tuning and updating our Bylaws. This has been a challenging, time consuming and very worthwhile effort. However, too few of our

members have gotten involved and shared their input. If we had better attendance at our meetings it would go a long way toward improving the "cross pollination" of ideas and representation of clubs. Your ideas and support are invaluable.

An area of need which we have had for years is the pro-bono assistance in an annual audit review of the FL LMSC books. Out of approximately 1500 members, I would hope that we have someone qualified to support our LMSC in this way.

Once again COMMUNICATION is the key. If Team Representatives were attending our meetings and spreading the word, it would improve the functioning of our organization.

Lastly, with this being a FL LMSC election year, I want to stress the importance of attendance by your Team Representative to our annual meeting. In thinking back, I realized that I have had the distinct honor and privilege to serve you for the past six years. As an organization, we have grown in size and diversity. Thank you for giving me the blessing of serving you!

Please be sure that your Team Representative attends the annual meeting. There are several good candidates and your vote could make the difference. We have come a long way and we have a long way to go. Be a part of shaping our future and making the most out of your membership. Get involved – you will only get out of it what you put into it!

Serving,
Tom Bliss
Chairman, FL 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.

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Top 10 & Records by Margie Hutinger



I have submitted the FL LMSC Top Ten for SCY 2005-2006. Times included were from Masters sanctioned meets at Countryside, the Long Center and St. Pete; two recognized senior games meets at The Villages and the Polk Senior Games.

For the FL Top 5, I included the results from SCY Nationals and from these meets from outside the FL LMSC which were submitted by swimmers: Senior Nationals, Michigan State Championships, Coral Springs, Missouri and Y Nationals. I hope to have the Top 5 finished before we leave for the Worlds.

If you are computer savvy, check out the following on the www.usms.org home page. At the menu on the top, click on competition, and "current top times." Follow the directions to see where you would place in the USMS Top Ten. Rankings are included up to the top 500, which would include almost everybody. Please note that this facility is by no means all-inclusive, and is NOT tied in any way to the official USMS top ten listings. Only those meets whose results are submitted on line are included, so spread the word for meet directors to send in their results! Also note that there is no attempt to filter out non-USMS swimmers who have competed in USMS meets from this list (those registered in another country or one event participants), and that many of the top times for the year are performed in the final meets of the year (e.g. our National Championships). It also

doesn't include times from Recognized or USA meets. For those not having access to a computer, ask your coach to look up your rankings.

Included in this issue are the FL LMSC SCY records, with the 2006 records highlighted, all 85 of them. Individual records broken included 31 individual women's and two relays; 43 individual men's, and six relays and three mixed relays. Congratulations to all record breakers. The most records broken was six, by Charlotte Petersen, 41, SPM. On the men's page, Edward Bradley, 22, SPM; Rick Walker, 55, SYSM and Robert Beach, 75, SPM, each broke four records.

Matt Goodwin, 23, TTM, has the distinction of breaking the oldest record, which had endured for 19 years. These are the oldest SCY records, 1990 and earlier, that were broken in 2006.

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Ask the Swim Doctor: *Is holding your breath bad for you?* by Paul Hutinger



QUESTION: I recently read that if you swim 25's, and longer, in practice without breathing, you can increase your endurance. Is this dangerous in any way?

ANSWER: In St Louis, Missouri, in the early 1940's, we had a competition that included swimming ten different events during a four-week period. This was similar to the current decathlon, with logarithm tables to determine points scored. One of the events was an underwater swim for time. It was limited to 50 yards, due to the risks of prolonged breath holding underwater.

Even then, coaches and most swimmers knew of the danger of underwater breath holding for long underwater swims.

Hypoxic (low oxygen) training, developed by legendary coach Doc Counsilman, chair of my Doctorate dissertation, does have significant value for your workouts. It can help swimmers learn to keep their

stroke smooth and strong in the face of apprehension and mental adversity.

The theory is that hypoxic training can increase the ability of the muscles to work better when oxygen levels are low, such as at the end of a 200 meter race.

It is also believed that reducing the number of breaths per lap will increase the swimmer's speed, because changing the body position to take a breath tends to increase drag.

The problem is, you can pass out underwater. Your breathing is on automatic, and as your carbon dioxide reaches a certain level, you take a breath. You can override this mechanism in holding your breath, but a very high carbon dioxide level causes you to pass out and automatically start breathing. If you are underwater, death can occur.

The unconscious swimmer has no symptoms or warning. Even competitive swimmers working on underwater techniques (hypoxic breathing) for back, breast or free may suffer a blackout.

During hypoxic sets (5, 7 or 9 stroke breathing, no breathers, lung busters, etc.), the coach must be aware of the dangers and

alert the swimmers.

If you are a self-coached swimmer, inform the life guard, and tell him to watch in case you pass out under water.

There was an incident in a Florida pool about ten years ago that ended in death. The life guard knew the swimmer was working on breath holding, but wasn't aware that he could pass out underwater.

I have a further warning if you use hyperventilation (many rapid breaths) before holding your breath (on starts or hypoxic swims). This also reduces carbon-dioxide levels and you may be more prone to blacking out under water.

Hypoxic training can be an important part of training; however, it must be done under very close supervision by coaches or life guards.

Lung capacity diminishes with age, so Masters swimmers should be watched even more carefully, especially those over 70.

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

LMSC Elections: *Rules, voting, and candidates*

LMSC rules and procedures for elections of officers

Elections of LMSC offices for the next two-year period will be held at the October 14 LMSC annual meeting after Saturday's last event at the St. Pete SCM Pentathlon meet that weekend.

According to current LMSC bylaws, each registered club has appointed one of

its registered members as its representative, who will cast the team's one vote in the elections (Bylaws, Article I, Section 5).

If a team representative cannot attend the meeting, a substitute representative may cast the club's vote after presenting a letter of introduction from the regular team

representative. All officers and committee chairs may also vote.

The ad hoc nominating committee appointed at the April, 2006, LMSC meeting has approved a slate of candidates for the offices, which is below. Nominations may still be made from the floor.

Clubs that are eligible to cast votes for LMSC officers

The list is accurate as of July 18, 2006. Only the team representative may cast the club's vote.

300 - 300 Club

ACTT - Aquatic Club of Temple Terrace

BLUE - Blue Wave Masters

BMSC - Bradenton Masters Swim Club

BOLM - Bolles Sharks Masters

BSYS - Bob Sierra YMCA Swimming

CATM - Clearwater Aquatic Team Masters

CCYA - Collier County YMCA Swimming

CFM - Central Florida Marlin Masters

CLA - City of Lakeland Aquatics

DBMS - Daytona Beach Masters Swimming

DYSM - Dynoswim Masters

FACT - Florida Aquatic Combined Team

FHA - Forest Hills Aquatics

FLA - Florida League of Aquatics

FMM - Florida Maverick Masters

GSC - Gator Swim Club

GTMS - golden Triangle Master Swimming

HLJ - Holmes Lumberjax

LCAM - Lake County Aquatics Masters

MOO - Masters of Orlando

NTC - National Training Center Masters

ORLM - Team Orlando Masters

OVMS - Oviedo Master Swim Team

PITP - Pine Island Teaser Pony

SCCS - Sun City Center Sharks

SCSF - Suncoast Swimfit

SPCO - Space Coast Masters

SPM - St. Pete Masters

SUN - Sun Masters

SWFA - Southwest Florida Aquatics

SWIM - SWIM Florida Masters, Inc.

SWSM - South West Swim Masters

SYSM - Sarasota YMCA Sharks

TBAC - Tampa Bay Aquatic Club

TBAY - Tampa Bay Masters

TTM - Tampa Tarpons Masters

WFLM - West Florida Lightning Masters

WIN - Winter Haven Masters Swim Team

Meet the slated candidates

For chair: Chuck Slaght

Chuck Slaght has 38 years experience as a coach including 23 years in Florida high school, YMCA, USA Swimming, and USMS programs. He has earned Bachelor's & Masters from Appalachian State University and Masters (Supervision and Administration) & Doctorate (Educational Leadership/Human Resources) degrees from University of North Florida. He is currently CEO of the Southwest Florida Aquatics Foundation and coaches both USA Swimming & Masters swimming for Southwest Florida Aquatics.

For chair: Tom Bliss

Tom Bliss is seeking reelection. He has been a Florida Masters swimmer for the past 10 years, is a two-time All-American, and has coached and taught swimming on and off since college. He swam for Auburn University in the 1970's. He has a Masters degree in Educational Leadership, which he says has equipped him "to effectively teach and present precise information using various modalities. I want to thank everyone for their great support and encouragement over the past six years and look forward to the future of our Florida LMSC."

For newsletter editor: Flavia Zappa

Flavia Zappa has been the interim newsletter co-editor and has gotten each edition of the newsletter published and to the membership on time. She is a Masters swimmer with St. Pete Masters and is a multiple winner of the LMSC Leather Lungs Award for her regular participation in pool and postal competitions.

For Records/Top 10: Livia Zien

Livia Zien has swum with St. Pete Masters for the past six years and is running for Top Ten Recorder. She is an electrical engineer who designs computer chips for a living and is extremely well-versed in all computer programs, including the operation of Hy-tek software that is used for most meet results.

For registrar: Meredith Moore

Meredith Moore recently moved to Florida from Connecticut, where she was the LMSC registrar for 3-1/2 years. She swims for Southwest Florida Aquatics and FACT and has multiple national championships and world championships on her resume. She is an enthusiastic competitor and a dedicated worker.

For treasurer: Meegan Wilson

Meegan Wilson is seeking reelection. Meegan has been a delegate to the USMS convention for the Florida LMSC for the past five years. She will attend this year as a member of the USMS Legislation Committee and is also vice chair of the History & Archives Committee. She has been the FACT registrar since its inception.

For sanctions: Sue Moucha

Sue Moucha is seeking reelection. Sue has been a Masters swimmer for over 15 years and is a four-time Paralympian. She has a BA in Office Administration and an MA in Physical Education. Presently she is the Administrative Assistant to the Blue Wave Swim Team/ Brandon Sports and Aquatic Center head coach Peter Banks.

For secretary: Victor Buehler

Victor Buehler is seeking reelection. He serves as the chair of the LMSC by-laws revision committee and as the USMS Convention Coordinator. As LMSC secretary, he has worked to improve the accuracy and quality of the meeting minutes. He said that he identifies with the 90% of swimmers who do not compete regularly.

Eye on Fitness: Sports drinks & energy drinks

Companies spend millions of dollars in advertising trying to convince athletes that a particular drink will provide energy/power/endurance/recovery and will be the miracle drink that athletes seek.

Is it hype and wishful thinking? And how does the average person who is not a nutritionist or sports physiologist make an intelligent choice about what to use?

There are big differences between energy drinks and sports drinks.

ENERGY DRINKS

Energy drinks contain stimulants, primarily caffeine and sugar, which give a temporary boost to performance. Because caffeine concentration in the blood peaks about 2-4 hours after consumption, the caffeine boost is usually maximized if the beverage is drunk 1-2 hours prior to the start of an endurance activity. Energy drinks don't make a big difference in short events..

Caffeine also acts as a diuretic, causing kidneys to pull more water out of the bloodstream than the digestive system can pull into the system from the drink (one-step-forward-two-steps-back). So energy drinks should NOT be used during exercise because the combination of fluid loss from sweating and the diuretic quality of the caffeine can lead to severe dehydration.

Energy drinks are not bad, but they shouldn't be viewed as the drinks of champions. Claims they make such as "improved performance and concentration" can be misleading. Think of them as highly-caffeinated drinks to get a better idea of what they are and how they affect you.

SPORTS DRINKS

Sports drinks are the most appropriate hydration fluid during strenuous activity. They contain no stimulants, only carbohydrate and salts to replace those lost in sweat.

As the body and muscles work, they heat up. Releasing moisture (sweat) is one way the body tries to cool itself. Many swimmers aren't aware that they sweat in the pool, because the pool is already full of water. But it happens, and that creates the

possibility of dehydration, which in turn negatively affects performance.

The ideal sports drink should be non-caffeinated and contain some carbohydrates, sodium, and potassium. A sports drink helps replace carbohydrates and electrolytes and is better at minimizing the possibility of dehydration than water alone.

Because the sense of thirst is slow to react to dehydration, drink up to 12 oz. of the sports drink about 15 minutes before the activity begins. While exercising, take frequent small drinks rather than gulping large ones to replace the fluid lost as sweat.

THE BOTTOM LINE

Energy drinks can be taken prior to physical activities but never during the ac-

tivity. Sports drinks are designed to be taken during the activity.

Test a drink well before a meet, because what one competitor finds beneficial can cause disastrous side effects for another. Each individual reacts differently.

One way to figure out what and how much works best is to test drinks at practices. Try sets of 100's, drink, take a 5-10 minute break, and swim more sets. Or swim through the events that might be swum at a meet: drink after each event, wait 5-10 minutes, and swim the next event.

The time to experiment with anything new is at practices, not at meets.

Remember: staying hydrated is critical; use energy drink only well before a meet, and use sports drinks at the meet.

Comparisons of selected drinks based on their nutrition labels

Amounts here are per can/bottle while amounts on labels are for a typical 8 oz serving. There are many drinks available— read labels and test them to find the one right for you.

	grams			mg		calories	oz/can
	protein	carbs	fat	sugar	potassium		
NON-CAFFEINATED							
V8 Fusion	1	42	0	41	290	105	170 12
Gatorade	0	35	0	35	75	275	100 20
McArthur Farms 1% milk	16	24	10	24	800	250	260 16
Propel Fitness Water	0	6	0	4	0	0	23 17
Powerade Option	0	5	0	5	88	125	25 20
CAFFEINATED							
SeBe NoFear Energy	2	72	0	66	50	230	260 16
Extreme Energy Shot	0	60	0	58	0	50	240 16
Red Bull	0	29	0	18	0	208	114 8.3
Monster Energy	0	6	0	6	0	20	20 16
Rockstar Energy	2	4	0	0	0	280	20 16
Diet Coke (defizzed)	0	0	0	0	0	60	0 12

CAFFEINE EXAMPLES (in mg)

A cup of brewed coffee	135	Diet Coke (12 oz)	47
average for most energy drinks	80	Coke (12 oz)	45
Starbucks Coffee Ice Cream (1 cup)	60	Pepsi (12 oz)	37
Mountain Dew (12 oz)	55	Hershey's Milk Chocolate Bar	10

FIND OUT MORE ABOUT SPORTS DRINKS AT

www.webmd.com/content/article/18/1676_55034.htm

www.brianmac.demon.co.uk/drinks.htm

FIND OUT MORE ABOUT ENERGY DRINKS AT

www.nutritionaustralia.org/Food_Facts/FAQ/caffeine_and_energy_drinks.asp

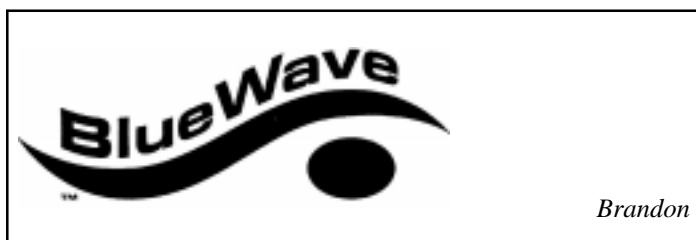
LMSC Meeting

The annual Florida LMSC meeting is Saturday afternoon, October 14, in St. Pete at a location to be determined.

Next Newsletter Deadline

The deadline for November newsletter submissions is **Monday, October 16, the day after the SPM meet. Information and photos should be sent to Flavia Zappa at wellingtoniv@hotmail.com**

News from Around the LMSC



by Sue Moucha

Three Blue Wave Masters braved the waves and swam the Hurricane Man Open Water Events. Congratulations to Liz Lehr for first place 45-49 age group in the 1000 meter. Dennis Kestler and Sue Moucha endured the 2.4 mile event. Besides swallowing tons of water, they are both ready to do it again next year.

Sue participated in the YMCA Nationals, Ft. Lauderdale, swimming seven events. Her favorite—1650 Free and the 500 Free.

Sue also participated in the Bumpy Jones Classic Swim Meet in Sarasota. She swam a total of ten events and really enjoyed the 200 free. Hot on Saturday; however, the opposite on Sunday — much cooler. Still, Sue had a great time.

Three Blue Wave Masters participated in the St. Pete Masters Long Course Championships, July 14-16. All swimmers gave 100 percent. Cindy Januszewski swam five events, placing first in the 100 Fly and 400 IM (age group 40-44). Sue Moucha swam 11 events. She enjoyed every event, especially the 1500 and 400 Free. All her swimming was worth it as Sue received second place in age group 45-49. Keith Burbridge swam 10 events. His competition was topped off by receiving third place in age group 75-79.

Way To Go Everyone!



by Joan Campbell

Nationally, the powerhouse teams of Colorado Masters and host teams of Gold Coast and Ft. Lauderdale Aquatics swept the competition at the 2006 USMS SCY Nationals.

We were competitive and victorious in defeating rivals Illinois, New England and North Carolina. Coach Joe Biondi and Chuck Slaght put together some great relays, which were the key to coming up on top. Eighteen of our relays scored well. Outstanding individual swimmers racked up the points as we surged forward and relay efforts surprised us all.

Championship performances were posted by Meegan Wilson, Margit Jebe, Karl Wiedemann, Joan Campbell, Nancy Durstein and Bob Sigersmith (six gold medals!) The 55+ 200 free mixed relay took the honors and the same medley relay was a barn burner — 1/100 off Gold Coast's winning time! The 75+ mixed relay was no match for competitors — scoring first in both the free and medley relay. Jim Hiers, 81 years old, surprised himself with only his

second meet since high school — a key part of the winning relay! Bob Sigersmith was anything but the “anchor”! That team spirit comes through every time!

Championship medals belie great swims by Marly Wilson, Annmarie Guglielmi, Holly Vaughn, Joe Crozier, Pat Sargeant's exciting swims against national record holder Laura Val, Clara Baron, Joan Robinson, Meredith Moore, Sharon Broghamer, Linda Felton, Glen Woodsum, Pete Nickodem, Nate Leech, Randy Magin and Jim Redic. Other great swims were by Janet Crisp, Ellie and Rick Trevison, Bill Wallace, Margit Jebe, and Martha Henderson. The men's 65+ saw lots of FACTS — Michael Stollmeyer, Doug Brown, Karl Wiedemann, Don Puchalski, Charlie Kilbourne and Doug Messineo — all scoring points for the team. Top it off with the “Old Geezers” — Joan Campbell and Nancy Durstein in the 75-79 and Jim Hiers and Bob Sigersmith in the 80-85.

At Bumpy Jones Classic, FACT's Women 200+ 800 free relay, the “kids” (Pat Sargeant, Deb Walker, Meegan Wilson, Linda Visser) broke the 1995 LMSC record by over 4 minutes! Four other LMSC records were broken: Men 200+ Free Relay, Men's 200+ and 280+ 400 Medley Relays and the women's 280+ 800 Free relay of Bunny Cederlund, Martha Henderson, Pat McIntosh and Marianne Bradley set a new LMSC and Dixie Zone Record.

The St Pete meet this past weekend saw some great FACT swims. Some of us got together for FACT relays, however there still seems to be some confusion. The Women's 200+ relay of Paige Moore, Deb Walker, Meegan Wilson and Pat Sargeant, set a new Florida Record with a time of 2:11.12 breaking the 1990 record by 2.84 seconds. The FACT relays at a chapter meet do not count for scoring; however, they are counted for Top Ten or records if they are all FACT registered swimmers. This gives people an opportunity to swim relays when only 3 or 4 members of the team have entered a local LMSC meet.

FINA World Championships start August 4 in Stanford, California. FACT has gotten together 14 relays and expects to do very well. Coach Joe Biondi, along with Chuck Slaght and others, worked hard to put together some outstanding relays. Keep an eye on us all that week — it will be on line, I am sure.



by Paul Hutinger

2005 MAVERICK AWARDS - Our annual Spring Awards dinners were well attended by the Mavericks and their guests. In 2005, we had 45 USMS Top Ten swimmers, including 31 individual and relay All Americans, three individual National and World Records and four National Relay Records. Coach Hutinger praised the team, “A remarkable feat from our team of 71”. In recognition of these outstanding efforts, each received a certificate with their times and this year's award, a blue swim bag. In addition, our

News from Around the LMSC

Special Award winners included Richard Criche, Overcoming Adversity; Robert Blake, Outstanding Male Performance; June Reynolds, Outstanding Female Performance; James Christie, Web Architect; James Browne, Most Improved; Martha Jacobs, Fitness; Doris Prokopi, Long Distance and Jean Troy, Most Top Ten Times.



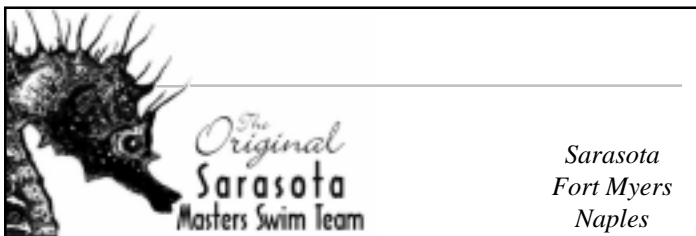
**P O W -
ERFUL PIP-
S Q U E A K S
PREVAIL AT
SCY NATION-
ALS -** Although our numbers were small, our outstanding and notable swims ranked us in the **O V E R A L L
TOP TEN** for

awards, among the 135 teams entered in the meet. The women's team of six, placed 8th; the men's team of 6, and the combined team of twelve (pictured), placed 9th. Altogether, these twelve swimmers earned 27 individual and three relay National Championships.

SARASOTA MEET - When the weekend started, the swimmers anxiously checked the weather stations and wondered if Tropical Storm Alberto would interfere with the meet. Other than the back stroke flags flying in the wind and a bit of rain during the last event, Sunday, no big deal. For once. Thirteen mavericks supported this annual summer meet. (Charles Weatherbee, Jean Troy, Pat Tullman, Gaylord Hopkins, National Record holders pictured.)



ST PETE MEET - Mavericks competed at the July St Pete Meet. The weather was hot and steamy, and with nary a cloud in sight, all sought refuge under the awnings, and appreciated every cooling breeze that blew in from Tampa Bay. We finished 1st out of 32 visiting teams.



by Edna Gordon

Our team is about community involvement, and Sarasota Masters Swim Team have been volunteering to help their communities. Cancer survivor **Barbara Wear, who** raised over \$800 for

the Cancer Society, is a guide at the Mote Marine aquarium once a week, teaches private swimming lessons at Lakewood Ranch to any special needs children or adults who can not afford lessons, and does community service with The Aktion Club (Kiwanis). **Bob Coulter** is active in the North Port Kiwanis Club, whose main function is to aid the kids in whatever manner it can. **Greg Rotole** teaches the learn-to-swim athletes at Special Olympics twice a week. **Edna Gordon** volunteers her time teaching non-swimmers at the Arlington summer camps how to be water safe, and she has initiated a "Save the Eyeballs" campaign where she collects used goggles for these young swimmers. USA Coach and world record holder **Deb Walker** has been giving a series of free clinics at the Arlington pool over the summer that include all the strokes, starts and turns, interval training, race strategies and videotaping. And **Dick Brewer** is a volunteer at National Audubon Society's Corkscrew Swamp Sanctuary where he is a roving naturalist two days a week and on other days leads 2nd, 3rd, and 5th grade field trips from the local schools and does the sanctuary's web page and publications; he also volunteers as registrar and clerk of course for USA Swimming's Open Water National Championships.

Welcome to new members **Tak Konstantinou** and **David Oakes**, who are swimming in the morning at Arlington. David swam six individual events during his first meet as a Sarasota Master Swimmer at the St. Pete meet and had a 1st place finish in the 50 back.

Another first timer is **Helene Cohen** who swam in her very first meet ever at June's Bump Jones Meet. She survived, started at the 100m distance rather than beginning with a 50, and did a great job. Other solid swims were turned in by **Greg, Edna, Deb, Helen Vetter, Jim Donnelly, Adrienne Walls, Barbara Wear, Rick** and **Ellie Trevison**, and **Doug Messineo**.



Doug Messineo has a strong start in the fly leg of the 200 IM at the St. Pete long course meet.

Other competitions have included both of the Fort Lauderdale long course meets (**Rick & Ellie, Dick**), and the St. Pete Championships (**David, Deb, Edna, Doug, Greg, and Dick**).

The record setter at the St. Pete meet was **Deb** with three Dixie Zone records and two more Florida LMSC records.

On the fun side, **Jim Donnelly** just returned from a family vacation in Ireland which included 27 relatives from all over the USA! They visited the Donnelly ancestral castle which the English took from the family in 1641, and in a "mock" take-over, reclaimed it for the Donnelly family. Jimbo Go Bragh!

One new tradition for our Masters swimmers began this summer. After Coach Deb's afternoon swim clinics, the group takes off for pizza at Crusty's. Crusty's is a given; the swimming depends whether the weather cooperates.

News from Around the LMSC



Sarasota

by Rick Walker

It was quite a busy May and June for the Sharks Masters. Packing three major events in a five week period was quite a challenge, but the team rose to excel at each one. On May 6, 23 Sharks made their annual bus trip over the bridge to our favorite open water venue, The Hurricane Man at St. Pete Beach. For the second consecutive year, Sharks swimmers won both the men's and women's overall in the 2.4 mile distance. To go along with the overall titles won by Melissa Varlas and Rick Walker were age group winners Stacey Howle, Dean Dye and Bill Detra in the 2.4 mile. Age group winners in the 1000M Race were Jay Lockaby and Suzette Trainor, who set a new age group record in rough conditions. What a great time! We just need to figure out a way to make that bus ride home last a little longer.

Less than two weeks later we were off to YMCA Nationals in Ft. Lauderdale. The meet provided the usual great time and plenty of fast swimming. The Sharks Masters men won the team title with the women finishing fourth. As a combined team we finished second. National Y titles were won by 14 swimmers along with several Y National Records and five relay records. We plan to be a force at next years Y Nationals April 12-15 in Indianapolis.

On to June and our annual Bumpy Jones Classic held at our beautiful Selby Aquatic Center in Sarasota. Many thanks to all our volunteers who made this one of our best meets ever. In addition to great swimming and a great party, this year's T-shirts were outstanding. Don't miss this meet next year!

In addition, many of our swimmers found time to participate in the USA Swimming Swim-A-Thon held at our pool on June 3. This event was done in partnership with the USA Swimming Sharks. The Masters more than held their own by raising almost \$6000 for our facility. Many thanks to all including Tony De who was our top fund-raiser.

Sharks Masters ... don't miss our first annual team banquet Saturday, August 26.



Hurricane Man Sharks collect after the races.



St. Petersburg
www.stpetemasters.org

by Livia Zien

The St. Pete Masters have been busy with a variety of different endeavors.

To start off, again, the St. Pete Masters is excited to be able to help out our younger counterparts of St. Pete Aquatics in their academic and athletic endeavors. This is the second year we have awarded college scholarships to a few seniors of SPA. We have decided to name it the George E. Bole College Scholarship, in honor of our beloved and retired coach, and anticipate on continuing the tradition for years to come. We were also fortunate to receive an anonymous donation of \$1000 to the fund, so we could increase our total gift to \$3000.

This year's recipient of a \$2000 award was Jaime Milo, who will be attending FSU and majoring in English and Public Relations. Our second place winner of a \$1000 award was Samantha Mooren who will be attending the University of Central Florida and majoring in Civil and Environmental Engineering. Congratulations to our young swimmers, and hopefully, future Masters swimmers as well!

Jaime Milo's winning essay is in the next column.

On the swimming front, our long distance leader, Bob Beach is at it again. He is attempting to swim all of this year's Postal and Long Distance events. He has already placed first in his age group at Clemson and at the 2 mile cable swim in Charlottesville, VA. Next on his agenda is the 3K in San Francisco at Worlds, followed by the USMS 10K in Fort Collins, CO, *the very next day*. What are a few miles between a bunch of K's? You go, Bob!

We had wonderful weather and a terrific turnout for our annual Long Course Meet the weekend of July 14-16. Our directors, Patty Nardozi and Christine Swanson put on another spectacular event, and our swimmers put in some spectacular swims as well. Leading the charge, Charlotte Petersen, Kristen Nardozi, and Diane Williams broke several Florida records. You can visit www.stpetemasters.org for the full story and results.

Of course, we're all anticipating the XI FINA World Masters Championships in Palo Alto, CA in August. We have several members from our team swimming at the meet: Bill Specht, Charlotte Petersen, Bob Beach, Don Smith, Sandy Steer, Elaine Bromwich, and Mike Torsney. Suzette Seril will be the team cheerleader and on-deck coach. In addition, Bill Specht will be inducted into the Swimming Hall of Fame. Congratulations, Bill, and good luck to all of our team members!

Finally, we will be hosting a short course meters meet the weekend of October 14-15, in our brand new pool. Please come and join us in our new pool's Masters Swimming Debut!

News from Around the LMSC

"Every time you get up and get back in the race, one more small piece of you starts to fall into place."

-Stand by Rascal Flatts

Most swimmers would agree that the sport they so passionately partake in everyday, often twice a day, is a main contributor to the person they have grown to be. Still more swimmers would cite the obvious "life skills," such as work ethic and responsibility, as the most beneficial qualities acquired from their time in the pool. For this particular swimmer, however, more than time management will be taken away from the unwavering lanes of North Shore Pool where the potency of the sport helped shape me into the sound person who stands today ready to take on the one less candid lane of life.

I will always describe swimming as my first love, as corny as that may be, and as with all love, my time spent chasing that endless black line at the bottom of the pool has had its fair share of hardships. From animosity with teammates to animosity with myself, there have been many times when it would have been much easier to stay down and many times when I considered doing just that. Perhaps the greatest lesson that swimming has taught me is how to stand. How to stand up for myself, how to stand when my alarm goes off at 4:30 in the morning, and how to stand in the face of defeat.

In the swimming world as in the "real" world, self-doubt can be as poisonous as arsenic. Standing alone behind the blocks before a finals swim is the moment when a swimmer is most vulnerable to self-doubt. In a sport that is ninety percent mental, swimmers must stand strong in defense of this plague and believe in all the skills we possess. This stand was perhaps the toughest for me to master but also the most vital. The world can be a cruel place and I can't expect anyone else to believe in me until I believe in myself. The confidence needed to ace an interview or presentation must be at the same level as the confidence needed when I step up onto the block.

My parents always tell me that life is full of things you don't want to do but you have to do. That is the exact phrase that runs through my head when driving to morning practice at an ungodly hour. While the rest of the world slumbers peacefully, the early bird catches the worm. Learning to do things that others will not do today sets me ahead to the rest of tomorrow. A successful swimmer and a successful person must learn to stand when they would rather hit the snooze button.

In the gridiron of the pool, there are many times that swimmers are faced with countless types of defeat. Defeat at the hands of your opponent, your coach, or your goals. Learning to stand in the face of defeat not only concerns handling defeat nobly, but also never having to accept it. Many times as I've wanted to give up and just walk away from the pool, but I have always gotten back on my feet and tried again. Staying defeated is not one of life's options.

Swimming has done more than any other activity in shaping the person I am today. Through all the trials and tribulations that accompany the sport, I have learned to stand and that has made all the difference.



Clearwater
www.floridalmsc.org/sun.html

by Pat Crow

SUN Masters will host the **March Madness Meet** at the Long Center. Our group has hosted the Valentine's Meet for many years and our reputation has spread throughout the swimming community.

This year's meet had about 250 participants who enjoyed the super hospitality (free food!) and Meet Director Coach Joe's well run competition assisted by numerous members, friends and family of the SUN team. For 2007, we had to change the date of our event which necessitated a name change too ... hence we now have the **March Madness Meet**, which will take place March 10-11. Same meet director, same people, same hospitality, same friends and family, same location (the Long Center)! The pool is being renovated during the next six months so it should look brighter and shinier and maybe the weather will be that much warmer! The **LMSC Awards** dinner is scheduled to take place that weekend at the Long Center. Mark your calendar

Don Puchalski and **Joan Campbell** will be leaving August 2 to compete in the World Masters Championship competition in Stanford, California.

The USMS Convention in September will be attended by **Joan Campbell**. She will give us the full report after she returns.

Please keep our Sun Masters friends who are dealing with injuries and adverse health conditions in your thoughts and prayers: **Elliott Schofield** has recovered fully from a recent stroke but is anticipating heart surgery in the near future. **Roz Randall** is back to competing and winning her age group in local triathlons with a first place win at the Dunedin Triathlon in June; **Dave Gifford** who has made tremendous progress since his open heart surgery and was recently seen playing tennis.

Open Water: Nancy Durstein and Pat Crow were among the best at the Hurricane Man Open Water Swim in May, and Nancy won her age group at the Clearwater Beach 1-mile swim in June. Sun Masters will resume periodic Sunday morning open water swims with supervision and coaching from Coach Joe.

Triathlons: Top triathletes were Roz Randall, Hal Cook, and Larry Witt with 1st places in the Dunedin Triathlon in June and Jeff Allen with a 1st place in the Sand Key Triathlon in July. Other outstanding triathlon performances were turned in by Beth Wonicker-Cook in the April St. Anthony's Triathlon and the Sand Key Triathlon, Pat Crow in the Sarasota Sharks Olympic Distance Triathlon in May, Rob Ditro in his first competition at the Dunedin Triathlon, Roz Randall at the Madeira Beach Triathlon in May, Nancy Durstein on a relay team at the St. Anthony's Triathlon, and Arnaud Glacet, Laurence Glacet, Carey Rowan, and Christine Hilton in July's Sand Key Triathlon.

continued on page 10

Around the LMSC

SUN Masters, continued from page 9

Pool: Joan Campbell and Nancy Durstein swam in the USMS Short Course Nationals in Coral Springs at the start of May and then in the YMCA Masters Nationals in Fort Lauderdale a week later. Both earned multiple gold medals. At the St. Pete long course in July, Marianne Bradley was 3rd place high point and improved her best times by five seconds in five events – just like a fine wine, Marianne is improving with age. Nancy Durstein earned 1st place high point in her age group and Joan Campbell was 3rd place high point with a super time in the 1500 free Friday night.

Swim to Worlds

Rising fast... report your July yardage

An article promoting the virtual Swim Relay to the Worlds was in the May newsletter. Enough swimmers followed through and sent in their miles they swam in May and June to move the Dixie Zone up from 49% of the 1000 mile goal to the Worlds to a rousing 79%, and our zone is currently in third place. You go, swimmers!

Here's a friendly reminder to please send an email note with the miles (or yards or meters) that you swam in July to Mary, at msweat@bendcable.com. July was the last month of this USMS fitness event.

If you don't have a computer, give your mileage to your coach.

Swimming on the internet...

Meet information & entries
..... www.dixiezone.org/Meets.htm
Florida LMSC
..... www.floridalmcsc.org
Dixie Zone
..... www.dixiezone.org
United States Masters Swimming
..... www.usms.org
F.I.N.A
www.fina.org/masters/masters_index.htm

Top 10 & Records *continued from page 3*

Oldest (1990 & earlier) records broken:

WOMEN - None.

MEN

18-24—100 Free, 46.85, Edward Bradley, SPM; broke C Stevenson's, FAST, 1988 record of 47.57.

18-24—200 Free, 1:44.20, Bradley; broke Stevenson's 1988 record of 1:44.36.
50 Breast, 28.20, Matt Goodwin, TTM; broke Doug Soltis' 1987 record of 28.38.

25-29—50 Breast, 25.73, Adam Jerger, SPM; broke Doug Soltis' 1988 record of 26.18.

25-29—100 Breast, 55.66, Jerger; broke Soltis' 1988 record of 56.94.

30-34—200 Breast, 2:10.68, Chad Cron, GSC; broke Michael Drews' 1988 record of 2:12.05.

55-59—500 Free, 5:21.95, Rick Walker, SYSM; broke Burwell Jones' 1988 record of 5:32.17.

25-29—1000 Free, 11:10.98, Walker; broke Jones' 1990 record of 11:26.99.

25-29—1650 Free, 18:29.32, Walker; broke Jones' 1988 record of 19:02.45.

25-29—100 Back, 1:04.56, J Nathan Leech, FACT; broke Jack Beattie's 1990 record of 1:04.60.

25-29—100 IM, 1:02.01, Leech; broke Jones' 1988 record of 1:03.11.

80-84—200 Fly, 4:19.78, Paul Hutinger, FMM; broke Bill Stinson's 1989 record of 4:35.21.

Meet Information

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** instead of cutting them out of the newsletter, to prevent accidentally mailing away information on the back the page.

If additional copies are needed, everything can be found on-line 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).

New this year is a virtual Dixie Zone SCM Championship meet. Results from all short course meters meet will be merged into one large virtual meet to determine the 2006

Dixie Zone individual and team champions. So make plans to attend one or both of the SCM meets listed below to see how you place in the zone.

Links to other meets in the Dixie Zone and links to national events are also on the zone meets page.

Long Course Meters

Aug. 26 *Blue Wave Masters Invitational Brandon
Aug. 26 FLA LC2 Swim & Social Fort Lauderdale

Open Water

Oct. 21 *Tropical Splash (1K, 3K, 5K) Siesta Key (Sarasota)

Short Course Meters

Oct. 14-15 .. *St. Pete Masters Pentathlon St. Petersburg
Nov. 18-19 .. Holiday Classic Coral Springs

*Meet information in this newsletter

Going Postal

3000/6000 FL LMSC Yard Postal Records

3000 INDIVIDUAL WOMEN				3000 INDIVIDUAL MEN				WOMEN'S 3000 RELAYS			
18-24	38:32.24	Valerie Valle	SPM-01	48:48.76	Nathan Jaye	DST-00	18+	2:42:46.86	Coleman, Thompson, Bond	FMM-05	
25-29	52:51.00	Allison Snow	FACT-04	50:46.44	Patrick White	SCMM-03	25+	2:26:23.78	Snow, Reed, Wilson	FACT-04	
30-34	36:51.57	Karen Sadler	BRAT-97	37:19.12	Brian Rimel	SPM-01	35+	2:00:59.55	Swanson, Zien, Salzman	SPM-02	
35-39	40:10.99	Livia Zien	SPM-01	35:55.46	Brian Rimel	SPM-02	45+	2:03:20.89	Harrelson, Geiger, Stoddard	SPM-02	
40-44	37:39.40	Wanda Brown	BRAT-98	37:32.55	Timothy Dodge	300-01	55+	2:42:38.02	Bromwich, Steer, Knight-Perry	SPM-02	
45-49	38:16.41	Sharon Salzman	SPM-04	34:41.77	Tim Kennedy	SPM-01	65+	2:54:33.71	Knight-Perry, Mitchell, Atwood	SPM-01	
50-54	46:10.63	Meegan Wilson	300-99	35:14.09	Kern Davis	SPM-05	75+	3:53:38.61	Olsen, Kenner, Zint	FMM-02	
55-59	46:09.28	Meegan Wilson	FACT-05	37:46.82	Glenn Woodsum	FACT-05	MEN'S 3000 RELAYS				
60-64	49:16.39	Patricia Bond	FMM-01	41:54.83	David Darst	UNA-05	18+	2:28:43.43	Jaye, Jones, Magness	DST-00	
65-69	50:20.73	Patricia Bond	FMM-04	47:07.00	Konrad Euler	SPM-00	25+	1:49:11.32	Rimel, Kennedy, Davis	SPM-01	
70-74	55:20.40	Joan Campbell	FACT-04	43:18.50	Robert Beach	SPM-02	35+	1:59:01.88	Dodge, McLean, Iczkowski	300-01	
75-79	58:56.77	Joan Campbell	FACT-05	45:41.99	Robert Beach	SPM-05	45+	1:53:50.71	Freeman, Davis, Kennedy	SPM-03	
80-84	1:15:21.90	Gertrud Zint	IRCC-99	48:20.33	Robert Blake	FMM-05	55+	2:24:42.50	Aldrich, Beach, Cox	SPM-04	
85-89	1:20:34.34	Gertrud Zint	FMM-02	1:09:45.33	Dave Malbrough	FMM-99	65+	2:28:27.36	Cox, Loenig, Beach	SPM-02	
6000 INDIVIDUAL WOMEN				6000 INDIVIDUAL MEN				MIXED 3000 RELAYS			
18-24	1:59:15.80	V. Coleman	FMM-05	1:43:06.52	Patrick White	SCMM-03	18+	3:26:49.33	Hamilton, Perry, Minkoff, BMagness	DST-99	
25-29				1:12:58.75	Chris Connor	FACT-05	25+	3:30:56.86	Snow, Wonicker-Cook-Iczkowski-McEwen	FACT-04	
30-34	1:22:44.99	K. Pollunan	FAST-92	1:13:53.99	Brian Rimel	SPM-02	35+	2:30:32.65	Rimel, Davis, Salzman, Harrelson	SPM-02	
35-39	1:23:01.00	Livia Zien	SPM-01				45+	2:33:44.91	Salzman, Kennedy, Davis, Harrelson	SPM-03	
40-44	1:22:50.96	JoAnn Harrelson	SPM-00	1:10:49.99	Tim Kennedy	SPM-01	55+	3:20:49.14	Steer, Bromwich, Koenig, Beach	SPM-02	
45-49	1:19:08.26	Sharon Salzman	SPM-03	1:11:54.99	Kern Davis	SPM-05	65+	3:32:26.62	Mitchell, Knight-Perry, Beach, Euler	SPM-01	
50-54	1:29:55.99	Pam Geiger	SPM-05	1:30:51.92	Robert Aldrich	SPM-04	WOMEN'S 6000 RELAYS				
55-59	1:40:10.24	Elaine Bromwich	SPM-02	1:36:48.00	Konrad Euler	SPM-97	18+	5:52:10.05	Coleman, Thompson, Prokopi	FMM-05	
60-64	1:53:58.00	Kate Knight-Perry	SPM-97	1:34:10.27	Robert Beach	SPM-99	35+	4:10:53.25	Zien, Salzman, Harrelson	SPM-03	
65-69	1:57:48.63	Kate Knight-Perry	SPM-02	1:28:59.99	Robert Beach	SPM-01	55+	5:48:08.49	Bromwich, Steer, Knight-Perry	SPM-02	
70-74	2:09:58.99	Kate Knight-Perry	SPM-05	1:35:11.99	Robert Beach	SPM-05	MEN'S 6000 RELAYS				
75-79							25+	3:44:00.78	Rimel, Villacres, Davis	SPM-02	
80-84	2:54:22.40	Peggy Hughes	FMM-01				45+	3:56:47.20	Kennedy, Davis, Marzulli	SPM-03	
							55+	5:17:01.36	Beach, Arnold, Koenig	SPM-02	
							65+	5:41:15.52	Beach, Allen, Euler	SPM-00	
							MIXED 6000 RELAYS				
							18+	7:49:52.14	Coleman, Thompson, Collum, Criche	FMM-05	
							35+	5:42:12.96	Geiger, Kaleel, Beach, Davis	SPM-05	
							45+	5:13:59.19	Kennedy, Davis, Harrelson, Salzman	SPM-03	
							55+	7:50:19.62	Steer, Knight-Perry, Koenig, Arnold	SPM-02	
							65+	10:11:32.96	Steer, Knight-Perry, McDaniel, Allen	SPM-05	

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.

The 3000-yard and 6000-yard Postals must be swum in a 25y pool between September 15 and November 15. A timer must record each 50 yards 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

3000/6000 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/ 100y	3000 time	6000 time	pace/ 100y	3000 time	6000 time	pace/ 100y	3000 time	6000 time	pace/ 100y	3000 time	6000 time
2:51	1:25.43	2:51.26	1:56	:58.04	1:56.08	1:28	:43.54	1:27.48	1:10.5	:35.18	1:10.35
2:44	1:21.49	2:43.38	1:53	:56.15	1:52.30	1:26	:42.51	1:25.43	1:09.2	:34.37	1:09.14
2:36	1:18.16	2:36.31	1:49	:54.33	1:49.05	1:24	:41.52	1:23.43	1:07.9	:33.58	1:07.55
2:30	1:15.00	2:30.00	1:46	:52.56	1:45.53	1:22	:40.55	1:21.49	1:06.6	:33.20	1:06.40
2:24	1:12.00	2:24.00	1:43	:51.26	1:42.51	1:20	:40.00	1:20.00	1:05.5	:32.44	1:05.27
2:18	1:09.14	2:18.28	1:40	:50.00	1:40.00	1:18.2	:39.08	1:18.16	1:04.3	:32.09	1:04.17
2:13	1:06.40	2:13.20	1:37	:48.39	1:37.18	1:16.5	:38.18	1:16.36	1:03.1	:31.35	1:03.09
2:09	1:04.17	2:08.34	1:35	:47.22	1:34.44	1:15	:37.30	1:15.00	1:02	:31.02	1:02.04
2:04	1:09.04	2:04.08	1:32	:46.09	1:32.18	1:13.5	:36.44	1:13.28	1:01	:30.31	1:01.01
2:00	1:00.00	2:00.00	1:30	:45.00	1:30.00	1:12	:36.00	1:12.00	1:00	:30.00	1:00.00

FLORIDA LMSC RECORDS: Women's Short Course Yards (as of 5/31/06)

50 FREE		100 FREE		200 FREE		500 FREE		1000 FREE					
19-24	23.97 Sudi Miller HLJ-91	52.08 Sudi Miller HLJ-91	1:57.13 Tanya Felton LCAM-01	5:21.59 Maureen Jones SMS-86	11:13.60 Maureen Jones SMS-86								
25-29	24.27 Mary Holmes HLJ-88	53.52 Rosemary Seaman HLJ-86	1:52.85 Mary Holmes HLJ-88	4:59.52 Mary Holmes HLJ-88	10:32.45 Mary Holmes HLJ-88								
30-34	24.89 Laura Dissington SWIM-99	51.30 Rosemary Seaman HLJ-88	1:58.51 Charlotte PetersenSPM-99	5:08.68 Mary Roebuck HLJ-92	10:40.67 Mary Roebuck HLJ-92								
35-39	25.04 Charlotte Petersen SPM-02	52.24 Susan Halfacre HLJ-88	1:52.79 Susan Halfacre HLJ-88	5:01.04 Susan Halfacre HLJ-88	10:28.01 Charlotte Petersen SPM-02								
40-44	25.00 Martha Martin ORLM-89	55.18 Cathy Shonkwiler ORLM-02	1:58.13 Charlotte PetersenSPM-06	5:16.77 Charlotte Petersen SPM-06									
45-49	26.38 Cathy Shonkwiler FACT-05	57.71 Cathy Shonkwiler FACT-05	2:06.69 Halfacre/Shonkwiler 02/05	5:43.43 Susan Halfacre GSC-02	11:49.28 Cathy Shonkwiler FACT-05								
50-54	26.83 Pat Sargeant FACT-06	58.32 Susan Halfacre GSC-02	2:06.29 Susan Halfacre GSC-02	5:46.76 Susan Halfacre GSC-02	12:18.61 Susan Halfacre GSC-03								
55-59	29.92 Jayne Lambke SPM-95	1:06.01 Jayne Lambke SPM-95	2:29.62 Jayne Lambke SPM-97	6:34.40 Meredith Moore FACT-06									
60-64	30.66 Jayne Lambke SPM-00	1:11.09 Jayne Lambke SPM-00	2:38.19 Jayne Lambke SPM-00	7:18.76 Jayne Lambke SPM-00	15:44.05 Elaine Bromwich SPM-03								
65-69	33.68 Florence Carr HLJ-93	1:14.98 Florence Carr HLJ-93	2:46.97 Florence Carr HLJ-91	7:38.82 Florence Carr SPM-94	15:33.39 Patricia Bond FMM-03								
70-74	33.67 Florence Carr SPM-96	1:16.93 Jean Troy FMM-00	2:49.08 Jean Troy FMM-99	7:40.13 Jean Troy FMM-00	16:09.98 Jean Troy FMM-99								
75-79	34.10 Florence Carr FMM-02	1:19.38 Florence Carr FMM-01	2:55.51 Jean Troy FMM-03	8:03.66 Jean Troy FMM-04	18:02.39 Joan Campbell FACT-05								
80-84	37.42 Florence Carr SYSM-06	1:32.00 Florence Carr SYSM-06	3:23.44 Bunny CederlundSPCO-02	9:23.49 Bunny Cederlund SPCO-02	19:00.68 Bunny Cederlund SPCO-03								
85-89	58.20 N. O'Connell SPCO-02	2:10.98 N. O'Connell SPCO-02	4:43.27 N. O'Connell SPCO-02	12:38.91 Kay Schimpf FMM-03	26:19.94 Kay Schimpf FMM-03								
90-94													
1650 FREE		50 BACK		100 BACK		200 BACK		50 BREAST					
19-24	18:27.14 Maureen Jones SMS-86	28.89 Sudi Miller HLJ-91	1:01.74 Mary Wayte HLJ-90	2:15.05 Dawn Braciak SPM-87	33.13 Sudi Miller HLJ-91								
25-29	18:11.49 Mary Roebuck HLJ-90	28.30 Michelle Falls 83	58.95 Tanya Lane SPM-98	2:04.69 Tanya Lane SPM-98	31.69 Danice Eaton SPM-98								
30-34	18:13.85 Mary Roebuck HLJ-94	28.88 V. Richardson IRCC-97	1:02.95 V. Richardson IRCC-97	2:13.72 V. Richardson IRCC-97	29.84 Rosemary SeamanORLM-89								
35-39	17:15.23 Susan Halfacre HLJ-88	29.08 Cathy Shonkwiler ORLM-97	1:04.39 Charlotte PetersenSPM-02	2:14.51 Charlotte Petersen SPM-02	32.05 Laura Dissington SWIM-03								
40-44	18:59.11 Susan Halfacre HLJ-95	30.14 Cathy Shonkwiler ORLM-02	1:05.13 Charlotte PetersenSPM-06	2:18.01 Charlotte Petersen SPM-06	32.36 Rosemary SeamanORLM-98								
45-49	20:32.86 JoAnn Harrelson SPM-02	30.78 Cathy Shonkwiler FACT-05	1:08.88 D. Doyle-Vallery SWIM-04	2:32.12 Claire Deboer SYSM-06	35.39 Deb Walker SWIM-97								
50-54	21:52.87 JoAnn Harrelson SPM-06	30.62 Susan Halfacre GSC-02	1:07.18 Susan Halfacre GSC-02	2:37.48 Deb Walker SWIM-02	35.16 Deb Walker SWIM-03								
55-59	22:15.62 Meredith Moore FACT-06	34.68 J. Humbarger SPM-06	1:13.95 J. Humbarger SPM-06	2:39.21 J. Humbarger SPM-06	36.86 Elaine Bromwich SPM-98								
60-64	25:49.50 Elaine Bromwich SPM-03	37.67 Chris Gilligan FACT-05	1:21.20 Chris Gilligan FACT-05	2:57.44 Chris Gilligan FACT-05	38.03 Elaine Bromwich SPM-04								
65-69	26:14.77 Florence Carr HLJ-92	41.34 Bunny Cederlund SPCO-90	1:28.53 Patricia Bond FMM-03	3:07.31 Patricia Bond FMM-03	41.75 Sylvia Eisele SWIM-95								
70-74	27:48.45 Joan Campbell CATM-00	41.79 Bunny Cederlund SPCO-96	1:35.78 Bunny CederlundSPCO-92	3:35.76 Bunny Cederlund SPCO-94	43.22 Sylvia Eisele SWIM-00								
75-79	30:15.60 Joan Campbell FACT-05	42.92 Bunny Cederlund SPCO-97	2:39.04 Bunny CederlundSPCO-01	3:29.83 Regan Kenner FMM-99	44.36 Sylvia Eisele FACT-05								
80-84	34:39.18 Bunny Cederlund FACT-04	43.81 Bunny Cederlund SPCO-03	1:38.70 Bunny CederlundSPCO-03	3:41.49 Bunny Cederlund SPCO-02	59.02 Helmi Meise BSAM-93								
85-89	44:38.55 Kay Schimpf FMM-03	1:05.55 Gertrud Zint FMM-03	2:28.29 Gertrud Zint FMM-03	5:09.32 Gertrud Zint FMM-03	1:01.66 Gertrud Zint FMM-03								
90-94			3:29.20 M. McKechnie SPM-95										
100 BREAST		200 BREAST		50 FLY		100 FLY		200 FLY					
19-24	1:09.75 Sudi Miller HLJ-91	2:35.85 Amanda Pagon SPCO-00	26.59 Sudi Miller HLJ-91	57.39 Sudi Miller HLJ-91	2:22.20 Meg Bell SPM-86								
25-29	1:08.21 Agnese Ozolina SYSM-06	2:25.35 Tanya Lane SPM-98	26.47 Rosemary Seaman HLJ-86	57.92 Rosemary Seaman HLJ-86	2:06.50 L. Welting FAM-91								
30-34	1:05.05 Rosemary Seaman HLJ-88	2:33.45 Maud Orlando DSMC-96	25.62 Rosemary SeamanORLM-89	55.68 Rosemary Seaman ORLM-89	2:08.44 Melissa Varlas FACT-05								
35-39	1:09.87 Rosemary SeamanORLM-95	2:33.16 Beverly Lense ORLM-01	26.99 Rosemary SeamanORLM-95	56.90 Susan Halfacre HLJ-89	2:19.07 Karen Becker TBAC-03								
40-44	1:10.90 Holly Vaughn FACT-06	2:38.69 Jeanne Siragusa HLJ-03	27.67 Rosemary SeamanORLM-98	1:01.62 Rosemary SeamanORLM-98	2:28.99 Claire Deboer FACT-05								
45-49	1:16.53 Elaine Bromwich SPM-89	2:47.43 Deb Walker SWIM-98	28.85 Carol-Ann HudsonFACT-04	1:04.86 Carol-Ann HudsonFACT-04	2:31.21 Claire Deboer SYSM-06								
50-54	1:16.13 Deb Walker SWIM-03	2:45.07 Deb Walker SWIM-03	29.29 Susan Halfacre GSC-02	1:08.58 Pat Sargeant FACT-06	3:01.95 Elaine Bromwich SPM-95								
55-59	1:21.90 Elaine Bromwich SPM-98	2:55.47 Elaine Bromwich SPM-98	33.94 Jayne Lambke SPM-95	1:18.03 J. Humbarger SPM-06	3:08.00 Jayne Lambke SPM-95								
60-64	1:25.03 Elaine Bromwich SPM-03	3:05.96 Elaine Bromwich SPM-04	35.35 Jayne Lambke SPM-00	1:25.59 Jayne Lambke SPM-00	3:31.67 Sylvia Eisele SWIM-91								
65-69	1:31.14 Margit Jebe FACT-06	3:26.39 Sylvia Eisele SWIM-96	35.56 Florence Carr HLJ-93	1:36.85 Florence Carr HLJ-91	3:38.17 Sylvia Eisele SWIM-97								
70-74	1:38.32 Sylvia Eisele SWIM-00	3:32.03 Sylvia Eisele SWIM-00	40.85 Florence Carr SOM-97	1:39.75 Jean Troy FMM-00	3:41.99 Sylvia Eisele SWIM-00								
75-79	1:39.17 Sylvia Eisele FACT-05	3:40.54 Sylvia Eisele FACT-05	43.24 Florence Carr FMM-02	1:48.66 Gertrud Zint HLJ-94	3:58.72 Sylvia Eisele FACT-05								
80-84	2:13.03 Regan Kenner FMM-05	4:40.15 Regan Kenner FMM-05	54.38 Florence Carr SYSM-06	2:18.64 Kay Schimpf SPM-98	5:10.35 June Reynolds FMM-02								
85-89	2:31.39 Gertrud Zint FMM-03	2:31.39 Gertrud Zint FMM-03	1:24.33 Gertrud Zint FMM-03	4:00.71 Gertrud Zint FMM-04	13:17.96 Sally Scott HLJ-96								
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	59.21 Sudi Miller HLJ-91	2:08.74 Sudi Miller HLJ-91	4:45.59 Amanda Pagon SPCO-99										
25-29	59.74 Erika Erndl CCYA-06	2:09.13 Tanya Lane SPM-98	4:42.75 L. Welting FAM-91										
30-34	58.78 Rosemary SeamanORLM-89	2:14.57 V. Richardson IRCC-97	4:44.14 Melissa Varlas FACT-05										
35-39	1:00.22 Susan Halfacre HLJ-88	2:13.65 Charlotte Petersen SPM-02	4:47.41 Susan Halfacre HLJ-88										
40-44	1:04.30 Martha Martin ORLM-89	2:17.17 Charlotte Petersen SPM-06	5:12.05 Tillie Atkins FACT-05										
45-49	1:08.04 Susan Halfacre GSC-02	2:36.35 Peggy McDonnell IRCC-01	5:27.81 Claire Deboer SYSM-06										
50-54	1:12.35 Deb Walker SWIM-03	2:36.08 Pat Sargeant FACT-06	5:38.91 Pat Sargeant FACT-05										
55-59	1:17.20 J. Humbarger SPM-06	2:55.57 S. Buckingham SWIM-03	6:07.40 Elaine Bromwich SPM-98										
60-64	1:23.36 Jayne Lambke SPM-00	3:08.63 Jayne Lambke SPM-00	6:44.53 Jayne Lambke SPM-00										
65-69	1:27.67 Florence Carr HLJ-91	3:11.72 Margit Jebe FACT-06	7:07.78 Florence Carr HLJ-93										
70-74	1:29.37 Florence Carr SPM-95	3:23.52 Florence Carr SPM-97	7:32.16 Sylvia Eisele SWIM-00										
75-79	1:34.37 Florence Carr FMM-02	3:36.23 Jean Troy FMM-03	7:46.88 Sylvia Eisele FACT-05										
80-84	1:55.36 Florence Carr SYSM-06	4:30.48 Florence Carr SYSM-06	9:46.28 June Reynolds FMM-04										
85-89	2:24.92 Gertrud Zint FMM-03	5:37.49 Gertrud Zint FMM-03	12:18.83 Gertrud Zint FMM-03										
90-94													

FLORIDA LMSC RECORDS: Men's Short Course Yards (as of 5/31/06)

50 FREE		100 FREE		200 FREE		500 FREE		1000 FREE	
19-24	21.35 Nei-Kuan Chia BRAT-00	46.85 Edward Bradley SPM-06	1:44.20 Edward Bradley SPM-06	4:42.10 C. Stevenson FAST-89	10:45.96 Ryan Woodruff GSC-01				
25-29	20.69 Coy Cobb FHA-91	46.69 Doug Soltis TBR-88	1:41.67 Jeff Poppell JAM-94	4:39.30 Jeff Poppell JAM-94	10:00.10 Thomas Smith HLJ-87				
30-34	21.49 C. M. Halfast SPM-98	47.18 Stuart Barton SPM-98	1:45.46 L.Meisenheimer ORLM-91	4:49.01 Chris Williams FLA-92	10:00.46 Chris Williams FLA-92				
35-39	21.66 Stepan Oliva WIN-03	47.69 Stepan Oliva WIN-03	1:46.79 Doug Schlak FLA-92	4:54.57 L.Meisenheimer ORLM-94	10:41.27 L.Meisenheimer ORLM-93				
40-44	22.31 Chet MiltenbergerORLM-94	48.86 Chet MiltenbergerORLM-94	1:48.61 Jeff Perout HLJ-91	4:48.92 William Specht SPM-02	10:49.58 Larry Black SWIM-00				
45-49	21.86 Steve Allbritton SPM-04	48.92 R. Abrahams HLJ-91	1:50.92 Jerry Dawson NTC-06	4:55.59 William Specht SPM-04	10:08.96 Mark Drennen FACT-05				
50-54	23.10 David Hefner SYSM-06	50.68 Jeff Perout GSC-03	1:52.08 Jeff Perout GSC-03	5:14.22 Rick Walker SWIM-01	10:45.85 Rick Walker SWIM-01				
55-59	23.90 Thomas Peek CFM-05	53.29 Glenn Woodsum FACT-04	2:01.30 Nathan Leech FACT-06	5:21.95 Rick Walker SYSM-06	11:10.98 Rick Walker SYSM-06				
60-64	26.29 Jan Soderstrom SYSM-06	58.20 Jan Soderstrom SYSM-06	2:08.54 Gaylord Hopkins FMM-03	5:52.94 Gaylord Hopkins FMM-04	12:11.97 Gaylord Hopkins FMM-03				
65-69	26.83 Dren Geer SWIM-99	59.08 Dren Geer SWIM-99	2:14.07 Dren Geer SWIM-99	6:01.34 Burwell Jones SWIM-03	13:51.33 Douglas Browr FACT-06				
70-74	28.18 Paul Hutinger SPM-96	1:00.66 Burwell Jones FACT-05	2:12.83 Burwell Jones SWIM-03	5:59.81 Burwell Jones SWIM-03	12:26.60 Burwell Jones FACT-05				
75-79	29.08 Paul Hutinger FMM-00	1:13.93 Thomas Smith SPM-03	2:45.95 Robert Beach SPM-06	7:12.34 Robert Beach SPM-06	14:47.43 Robert Beach SPM-06				
80-84	33.26 Paul Hutinger FMM-05	1:16.27 Robert Blake FMM-05	2:59.53 Robert Blake FMM-05	8:18.17 Robert Blake FMM-05	17:30.55 Robert Blake FMM-05				
85-89	37.16 Brud Cleaveland FMM-03	1:30.38 Brud Cleaveland FMM-03	3:35.73 Brud Cleaveland FMM-04	10:46.05 Fred Walbolt SPM-98	22:00.26 Dave Malbrough FMM-99				
90-94	52.75 Peter Jurczyk IRCC-96	2:15.10 Peter Jurczyk IRCC-97	5:00.07 Peter Jurczyk IRCC-97						
1650 FREE		50 BACK		100 BACK		200 BACK		50 BREAST	
19-24	17:10.44 A. Constantini TEAM-93	24.37 C. Stevenson FAST-88	53.24 James Smith UNA-94	1:58.19 Nei-Kuan Chia BRAT-99	28.20 Matt Goodwin TTM-06				
25-29	16:16.92 Jeff Poppell JAM-94	23.56 Coy Cobb FHA-91	51.00 Coy Cobb FHA-91	1:54.57 S. Barnicoat ORLM-89	25.73 Adam Jerger SPM-06				
30-34	16:45.98 Gary Peters SPM-93	23.18 Martin Zubero ORLM-02	52.00 Martin Zubero UNA-03	1:48.64 Martin Zubero ORLM-02	26.71 Chet Miltenberger NFM-83				
35-39	16:49.26 Rick DeSelm HLJ-92	24.16 William Specht SPM-93	51.23 Martin Zubero FACT-06	1:50.89 Martin Zubero FACT-06	27.05 Chet Miltenberger ORLM-87				
40-44	18:01.79 Joe Crozier FACT-06	25.57 William Specht SPM-98	52.76 William Specht SPM-98	1:54.01 William Specht SPM-98	27.45 Chet Miltenberger ORLM-92				
45-49	16:56.72 Mark Drennen FACT-05	25.34 William Specht SPM-05	54.24 William Specht SPM-03	1:59.30 William Specht SPM-03	29.34 Chet Miltenberger ORLM-98				
50-54	18:06.88 Rick Walker SWIM-01	26.38 Casey Clafin FACT-05	57.50 Casey Clafin SYSM-06	2:08.59 Jeff Perout GSC-03	29.09 Chet Miltenberger ORLM-02				
55-59	18:29.32 Rick Walker SYSM-06	29.38 Jack Beattie HLJ-91	1:04.56 Nathan Leech FACT-06	2:20.58 Burwell Jones SSC-88	30.64 Scott Guthrie UNA-00				
60-64	20:53.29 Gaylord Hopkins FMM-05	30.43 Jack Beattie ORLM-95	1:05.59 Jack Beattie ORLM-95	2:27.41 Jerry Glancy ORLM-98	30.39 Scott Guthrie UNA-06				
65-69	22:43.02 Douglas Browr FACT-06	29.77 John Smith FACT-04	1:05.03 John Smith FACT-04	2:29.38 Burwell Jones SWIM-03	33.67 Karl Wiedamann FACT-06				
70-74	20:34.19 Burwell Jones SWIM-03	31.84 Paul Hutinger SPM-95	1:07.88 Burwell Jones SWIM-03	2:28.11 Burwell Jones SWIM-03	37.01 Robert MacDonald FMM-99				
75-79	24:26.49 Robert Beach SPM-06	33.76 Paul Hutinger FMM-00	1:16.94 Paul Hutinger FMM-00	2:50.47 Paul Hutinger FMM-00	38.82 Robert MacDonald FMM-04				
80-84	29:36.94 Robert Blake FMM-05	37.84 Paul Hutinger FMM-05	1:27.86 Paul Hutinger FMM-05	3:17.49 Paul Hutinger FMM-05	44.82 Brud Cleaveland ORLM-97				
85-89	37:03.22 Dave Malbrough FMM-99	46.69 D. Malbrough FMM-98	1:46.68 D. Malbrough FMM-98	4:20.18 D. Malbrough FMM-99	49.04 Brud Cleaveland FMM-04				
90-94		1:01.71 Peter Jurczyk IRCC-97	2:17.30 Peter Jurczyk IRCC-96	5:00.74 Peter Jurczyk IRCC-96	1:20.11 Frank Starr FMM-00				
100 BREAST		200 BREAST		50 FLY		100 FLY		200 FLY	
19-24	1:00.26 Marc LaPalme HLJ-89	2:16.04 Marc LaPalme HLJ-89	23.36 C. Stevenson FAST-89	50.79 Nei-Kuan Chia BRAT-99	1:53.38 C. Stevenson FAST-89				
25-29	55.66 Adam Jerger SPM-06	2:03.69 Doug Soltis TBR-88	22.27 Coy Cobb FHA-91	51.13 C. Stevenson HLJ-92	1:52.20 C. Stevenson FAM-91				
30-34	59.19 Denis Kaltchev STAC-05	2:10.68 Chad Cron GSC-06	23.06 Martin Zubero UNA-03	51.06 William Specht SPM-91	1:54.32 William Specht SPM-91				
35-39	59.11 Chet MiltenbergerORLM-87	2:10.90 Michael Drews SMS-89	22.93 William Specht SPM-93	50.08 William Specht SPM-95	1:51.38 William Specht SPM-95				
40-44	59.40 Chet MiltenbergerORLM-93	2:15.88 Chet MiltenbergerORLM-94	23.28 William Specht SPM-98	50.56 William Specht SPM-00	1:51.69 William Specht SPM-00				
45-49	1:02.48 Chet MiltenbergerORLM-99	2:19.79 Mark Drennen FACT-04	23.48 William Specht SPM-03	51.54 William Specht SPM-04	1:52.67 William Specht SPM-03				
50-54	1:02.51 Chet MiltenbergerORLM-02	2:29.30 John McCall FACT-04	25.01 John McCall ORLM-03	54.40 John McCall FACT-04	2:10.39 John McCall FACT-04				
55-59	1:08.73 Scott Guthrie UNA-00	2:31.36 Rick Walker SYSM-06	26.55 Rudy Vazmina SYSM-06	1:00.22 Rudy Vazmina SYSM-06	2:31.84 Kent McWherter SWIM-01				
60-64	1:09.70 Scott Guthrie UNA-05	2:44.92 Edward Nessel FACT-05	27.23 Scott Guthrie UNA-05	1:11.41 Christian Iselin FACT-04	2:51.25 Christian Iselin FACT-04				
65-69	1:13.80 Karl Wiedamann FACT-06	2:45.48 Karl Wiedamann FACT-06	28.60 John Smith SYSM-06	1:10.97 Burwell Jones SWIM-03	2:51.23 Dren Geer SWIM-99				
70-74	1:22.45 Robert MacDonaldFMM-99	3:03.62 Robert MacDonaldFMM-99	31.51 Paul Hutinger SPM-95	1:13.74 Burwell Jones FACT-05	3:05.70 Dren Geer FACT-04				
75-79	1:25.12 Robert MacDonaldFMM-05	3:11.13 Robert MacDonaldFACT-06	33.84 Paul Hutinger FMM-00	1:33.53 Joe Kurtzman FMM-01	3:44.65 Joe Kurtzman FMM-01				
80-84	1:43.26 Brud Cleaveland ORLM-98	4:02.31 Brud Cleaveland ORLM-98	40.23 Rogers Holmes HLJ-03	1:47.17 William Grant HLJ-94	4:19.78 Paul Hutinger FMM-06				
85-89	1:58.13 Brud Cleaveland FMM-03	4:43.07 Brud Cleaveland FMM-03	1:07.20 D. McCullough FMM-01	3:09.60 D. McCullough FMM-02	6:23.89 D. McCullough FMM-02				
90-94	3:20.59 Frank Starr FMM-00		1:35.70 Peter Jurczyk IRCC-96						
100 IM		200 IM		400 IM					
19-24	55.55 Edward Bradley SPM-06	1:57.03 Edward Bradley SPM-06	4:26.56 S. Kupiszewski 85						
25-29	52.32 CoyCobb FHA-91	1:55.99 jeff Poppell JAM-94	4:18.67 E. Christensen OVMS-02						
30-34	51.43 Martin Zubero ORLM-02	1:55.80 Neil Harper SPM-95	4:17.58 Michael Drews SMS-88						
35-39	53.61 Martin Zubero FACT-06	1:57.44 Michael Drews SMS-91	4:17.23 Michael Drews SMS-89						
40-44	56.20 M. Shepardson ORLM-02	2:03.47 M. Shepardson ORLM-02	4:28.12 William Specht SPM-03						
45-49	56.76 David Zubero UNA-04	2:05.09 Jerry Dawson NTC-06	4:28.76 Mark Drennen FACT-05						
50-54	59.37 David Hefner SYSM-06	2:11.36 Thomas Bliss FACT-05	4:39.90 John McCall ORLM-03						
55-59	1:02.01 Nathan Leech FACT-06	2:17.88 Burwell Jones SSC-88	5:03.72 Burwell Jones SSC-88						
60-64	1:08.26 Burwell Jones HLJ-97	2:30.26 Jack Beattie ORLM-95	5:45.33 Don Puchalski CATM-02						
65-69	1:07.58 John Smith SYSM-06	2:34.96 Burwell Jones SWIM-03	5:42.67 Burwell Jones SWIM-03						
70-74	1:08.14 Burwell Jones SWIM-03	2:32.54 Burwell Jones SWIM-03	5:34.47 Burwell Jones SWIM-03						
75-79	1:19.84 Paul Hutinger FMM-00	3:06.51 Robert MacDonaldFMM-05	7:13.59 Paul Hutinger FMM-01						
80-84	1:31.66 Paul Hutinger FMM-05	3:55.46 Robert Blake FMM-06	9:00.55 C. Thornberg HLJ-93						
85-89	2:07.99 Brud Cleaveland FMM-04	5:21.38 D. McCullough FMM-01	11:07.43 D. McCullough FMM-01						
90-94	2:37.44 Peter Jurczyk IRCC-96	6:05.72 Peter Jurczyk IRCC-96							

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FLORIDA LMSC RECORDS: Relay Short Course Yards (as of 5/31/06)

	200 FREE-WOMEN	200 MEDLEY-WOMEN	400 FREE-WOMEN	400 MEDLEY-WOMEN	800 FREE-WOMEN
18+	1:36.68 Beattie, Roebuck Nearly, Miller HLJ-92	1:59.11 Trompke, Alger Williamsen, Petersen SPM-03	5:10.87 Turner, McDonnell, Powers, Amman IRCC-01	5:48.38 Amman, Gaines, Kelsey, Chandler IRCC-01	9:09.41 Swanson, Flanagan, Beebe, Petersen SPM-01
25+	1:41.77 Keller, Seaman Cretin, Martin ORLM-91	1:54.27 Keller, Seaman, Cretin, martin ORLM-91	4:23.83 Morse, Williams, Grubbs, Sadler BRAT-96	4:57.16 Forkois, Flanagan, Zien, Bruner SPM-05	9:25.32 Bigge, harrelson, Swanson, SummersSPM-97
35+	1:45.44 Buxton, DeBoer, Visser, Heid FACT-05	1:58.55 Tibma, Orlando, Shonkwiler, Nauta SPM-98	4:52.26 Lambke, Barker, Voorst, Geiger SPM-91	4:54.38 Flanagan, Orlando, Stott, Tibma SPM-99	8:54.93 tibma, Flanagan, Orlando, nauta SPM-98
45+	1:55.68 Doyle-Vallery, Hughes Walker, Sargeant FACT-05	2:08.85 Doyle-Vallery, Walker, Hughes, Sargeant FACT-05	5:23.20 Stoddard, Eddy, Geiger, Kiernan SPM-05	5:53.47 Bromwich, Piper, Lambke, Steer SPM-95	12:23.32 Brownstein, Simsic, Steer, Bromwich SPM-93
55+	2:18.11 Bromwich, Piper Williams, Humbarger SPM-06	2:34.71 Humbarger, Bromwich Williams, Eddy SPM-06	5:39.94 Bromwich, Steer, Piper, Lambke SPM-00	6:18.50 Bromwich, Piper, Lambke, Steer SPM-00	12:10.27 Knight-Perry, Lee, Steer, Lambke SPM-97
65+	2:28.50 Bond, Homans, Carr, Tullman FMM-03	2:57.46 Bond, Prokopi, Tullman, Homans FMM-03	6:17.13 Troy, Reynolds, Homans, TullmanFMM-05	7:00.21 Homans, Prokopi, Tullman, Troy FMM-05	14:12.39 Troy, Reynolds, Homans, TullmanFMM-05
75+	3:00.73 Gordon, Campbell, Cederlund, DursteinFACT-05	3:41.46 Cederlund, Campbell, Durstein, Gordon FACT-05		10:03.90 McKechnie, Kennedy, Cichanski, SchimpfSPM-94	19:16.91 McKechnie, Kennedy, Cichanski, SchimpfSPM-94
85+					

	200 FREE-MEN	200 MEDLEY-MEN	400 FREE-MEN	400 MEDLEY-MEN	800 FREE-MEN
18+	1:29.92 Bradley, Jeger, Herman, Halfast SPM-06	1:38.36 Bradley, Jeger, Spepcht, Halfast SPM-06			
25+	1:25.57 Eaton, Barton, Specht, Halfast SPM-98	1:37.69 Specht, Eaton, Barton, Halfast SPM-98		4:41.75 Rimel, Galloway, Kennedy, Lehman SPM-05	
35+	1:27.08 Martin, Stein, Perout, Abrahams HLJ-91	1:44.39 Stout, Galloway, Collins, Halfast SPM-03	3:34.35 Pepe, Dinenberg, Schwartz, Lockaby SYSM-06	4:17.47 Atkins, VanDerVeen, Halttunen, MaguireSPM-92	9:50.45 Eaddy, Kennedy, Day, Euler SPM-01
45+	1:33.06 hefner, Claflin, McCormack, Calvert FACT-05	1:43.41 Claflin, Drennen, McCormack, Hefner FACT-05	4:06.50 Kennedy, Davis, Day, Bastie SPM-05	4:49.86 Betzer, Burns, Grau, Bishop SPM-91	8:41.63 Stephens, Bastie, Auer, Kennedy SPM-97
55+	1:41.40 Nessel, Nickodem, Seidman, Woodsum FACT-05	1:57.52 Magin, Leech, Redic, Woodsum FACT-06	4:22.40 Burns, Kohnken, DeGroot, Smith SPM-91	5:12.14 Betzer, VanDerVeen, Aldrich, Marzulli SPM-05	10:24.48 Marzulli, Betzer, VanDerVeen, AldrichSPM-05
65+	1:58.00 MacDonald, Ferris, Smith, Hutinger SPM-96	2:16.01 Puchalski, Wiedamann, Kilbourne, Stollmeyer FACT-06	5:18.91 Ferris, Euler, Cox, Beach SPM-05	5:03.76 Hutinger, MacDonald, Torsney, Smith SPM-96	11:49.02 Maloney, Hutinger, Kurtzman, MacDonaldFMM-97
75+	2:23.25 Pitts, Miller, Homans, Schlegel FMM-06	2:50.76 Mackey, Tillotson, Grant, Dunworth HLJ-91	6:02.78 Johnston, Tillotson, Hotvedt, Molloy SPM-91	6:55.93 tillotson, Molooy, Johnston, Hotvedt SPM-92	13:46.24 Malloy, Tillotson, Hotvedt, Walbolt SPM-90
85+	3:49.58 Marbrough, Starr, Tillotson, Holden FMM-00	4:54.41 Malbrough, Starr, Tillotson, Holden FMM-00			

800 FREE-MIXED

	200 FREE-MIXED	200 MEDLEY-MIXED	400 FREE-MIXED	400 MEDLEY-MIXED	800 FREE-MIXED
18+	1:31.65 Miller, Smith, Wayte, Abrahams HLJ-91	1:43.03 Wayte, LaPalme, Miller, Abrahams HLJ-91	3:45.10 O'Brien, Petersen, Williamsen, GallowaySPM-03	4:04.95 Constantini, Sollee, Wise, Wise TEAM-93	9:07.56 Cordero, Forkois, Bruner, Lehman SPM-05
25+	1:34.83 A. Eaton, D. Eaton, Nauta, Halfast SPM-98	1:42.69 Lane, D. Eaton, Barton, A. Eaton SPM-98	4:05.12 Carter, Teichman, Zipf, Hamlin TTM-05	4:55.88 Zinner, Zipf, Carter,Teichman TTM-05	9:00.28 Haltunen, M.Lambke, Stauch, Reilly SPM-91
35+	1:37.01 Perout, Harper, Halfacre, Martin HLJ-91	1:46.82 Buresh, Orlando, Specht, ShonkwilerSPM-98	4:09.85 Flanagan, Galloway, Zien, Rimel SPM-05	4:41.24 Rimel, Zien, Galloway, FlanaganSPM-05	9:06.80 Galloway, Zien, rimel, Flanagan SPM-05
45+	1:41.41 Hefner, Doyle-Vallery, Sargeant, Calvert FACT-05	1:54.52 Claflin, D.Walker, McCormack, Doyle-ValleryFACT-05	4:20.28 Stoddard, Kennedy, Geiger, Bastie SPM-05	5:06.50 Betzer, Bromwich, Lambke, Bishop SPM-91	9:34.40 Bastie, Stoddard, Geiger, Kennedy SPM-05
55+	1:51.02 Woodsum, Leech, Robinson, Moore FACT-06	2:08.16 Humbarger, Bromwich, Bastie, Lewis SPM-06	5:18.47 Aldrich, Bromwich, Piper, Marzulli SPM-05	5:34.52 Allen, Tucker, Burns, Ferris SPM-92	11:45.66 Tucker, Allen, Kohnken, Burns SPM-91
65+	2:15.40 Schlegel, Tullman, Troy, Weatherbee FMM-06	2:31.60 P.Hutinger, Smith, McEwan, Carr SPM-96	5:44.45 M.Homans, Prokopi, Browne, Pitts FMM-05	7:03.86 Smith, Steer, Torsney, Knight-Perry SPM-05	12:04.88 Browne, Pitts, Tullman, Troy FMM-05
75+	2:35.78 Kenner, P.Hutinger, Carr, Cleveland FMM-01	2:55.59 P.Hutinger, Kenner, MacDonald, Carr FMM-05	8:23.86 Tillotson, Edwards, Reynolds, Troy FMM-05	9:15.89 Tillotson, Reynolds, Troy, Edwards FMM-05	16:04.30 Mitchell, C.Ballard, W.Kennedy, WalboltSPM-89
85+	4:22.87 Tillotson, Schimpf, Zint, Cleveland FMM-04	4:54.53 Tillotson, Cleveland, Zint, Schimpf FMM-04			

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.

St. Pete Masters SCM Pentathlon Swim Meet

October 14 and 15, 2006

Sanctioned by: Florida LMSC for USMS, Inc. Sanction #: 146-014

- Date & Time** **Saturday, October 14:** Warm-up: 9:00 a.m.; Swim: 10:00 a.m.
Sunday, October 15: Warm-up: 8:00 a.m.; Swim: 9:00 a.m.
- 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: Christine Swanson ~ 2536 Maryland Avenue ~ Tampa, FL 33629
Questions? Contact Chris at: (813) 340-9124 or stpetemasters@yahoo.com
- Deadline & Scratches** **Meet entries must be RECEIVED BY October 4th.** If you are unable to attend, contact Chris Swanson no later than **October 11** and your money will be refunded in full.
- Seeding** Check in required for the 400 m. IM and the 400 m. Free. Entries will be seeded by time, slowest to fastest
- Relays** Relays will be desk 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. Relays members must all be registered with the same team.
- Awards & Scoring** Certificates will be awarded to all swimmers who complete a pentathlon. There will be sprint (the 4-50's + 100 IM), middle distance (4-100's + 200 IM) and distance (4-200's + 400 IM) pentathlons open to all entrants. A charitable contribution will be made on behalf of the visiting team that completes the most pentathlons during the two-day meet. There will be no individual or team scoring at this meet.
- Heat Sheet & Results** A heat sheet will be provided each entrant. Results and time stickers will be posted during the meet. Results will be posted on-line and submitted for Top 10 Consideration within 14 days of the completion of the meet.

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

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

The Florida LMSC annual meeting will take place Saturday afternoon after the meet at a location to be determined.

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:

Christine Swanson ~ 2536 Maryland Avenue ~ Tampa, FL 33629

*Please note: completion of any pentathlon at this meet DOES NOT QUALIFY for the annual Minnesota Masters Postal Pentathlon.
 To enter the MM pentathlon, all events must be completed in ONE DAY.*

3rd Annual
Tropical Splash Open Water Swim

Saturday, October 21, 2006
Siesta Key Beach ~ Sarasota, Florida

Hosted By: South County Family YMCA and the Sarasota Sharks Masters
Sanctioned By: Florida LMSC for USMS, Inc. Sanction # 146-015OW
Location: Siesta Key Beach - Sarasota, Florida
Meet Directors: Mike Norton – (941) 475-1234 or Rick Walker – (941) 346-7946

Race Time: 6:30am Registration / Check-in on the beach
7:10am Registration closes
7:20am Pre-Race Meeting on the beach
7:30am 5K Start
7:35am 3K Start
7:40am 1K Start

(Race start times
are approximate)

Course: The course will be a 2.5 kilometer straight line parallel to the beach. It will be clearly marked with marine buoys and swimmers will circle the straight line. Turning points will be clearly marked with race officials monitoring the turns.

Water Temperature: Expected to be 78-82 degrees.

Safety: The course will be protected by emergency personnel on watercraft. Medical staff will be on site. In case of inclement weather or unusually adverse surf conditions a meet committee composed of the Meet Directors, Referee, and a Senior member of the YMCA may modify starting times or cancel events.

Pre-Race: The Pre-Race meeting will take place on the beach adjacent to the entry area for the start on Saturday morning at 7:20am. All participants must attend.

Equipment: All participants will be provided with a cap which must be worn during the race. Wet suits are not permitted. Support craft other than designated Race craft are not permitted. Persons allergic to latex should plan to wear a silicone cap beneath their race cap.

Check-In: Check-In will take place at the Siesta Key Pavilion immediately prior to the Pre-Race meeting. ID numbers will be issued to all competitors.

Rules: Current 2006 US Masters Swimming rules will govern the meet. All distances will be swum "Open." Final results will be posted by age group.

Eligibility: The race is open to all athlete members of US Masters Swimming. **Single event registrations are available for non-members in this meet information and must be returned with the race entry form. PLEASE NOTE ALL FEES ARE TO BE MADE PAYABLE THE SOUTH COUNTY FAMILY YMCA.**

Time Limit: Maximum time permitted to complete the race is 2-1/2 hours. Swimmers will be notified the race is over and they need to leave the water at this time. Results will show their time as "Incomplete."

Age: The age of the swimmer as of the day of the swim will determine the age group. Minimum age is 18 years old.

Entries: Entries will be accepted up to the day of the event, however, only the first 75 entries are guaranteed a race t-shirt. Faxed entries will not be accepted. **Entry form is on the back of this page; please duplicate as needed.**

Entry Fee: Early registration - \$25.00 per swimmer. Includes T-shirt, and post race snack. Late registration (after 5 pm Oct. 10th up to 7 am the day of the race) \$35 includes post race snack and t-shirt if still available.

Scoring: No team scores will be kept.

Awards: Awards for 1st through 3rd place in all age groups.

Results: Results will be posted on the South County Family YMCA's website and Florida Masters website.

Referee: Steve Altheimer

Starter: Rick Maglich

Marshall: Mike Norton

3rd Annual
Tropical Splash Open Water Swim
Saturday, October 21, 2006
Siesta Key Beach ~ Sarasota, Florida

OFFICIAL ENTRY FORM

Name: _____

Street Address: _____ City _____ State _____ Zip _____

Race you are entering (*please circle one*): 1K 3K 5K Sex: ____ Age: ____ Phone _____

US Masters Swimming Club _____ US Masters Registration # _____

Registration must be received by October 10, 2006, to guarantee you will receive a t-shirt.

T-Shirt Size (*please circle one*) Small Medium Large X-Large

Release by Participant from Liability

I hereby release, US Masters Swimming, Inc., the South County Family YMCA, the Sarasota Family YMCA, the Sarasota YMCA Sharks Masters, Sarasota County, and any other participating organization from any claims and damages received by me as a result of my participation in the race and furthermore, hold them harmless and indemnified from any damages. In addition, I agree to abide by and be governed by the rules of US Masters Swimming. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Participant Signature: _____ Date: _____

Swimmer Entry Fee: \$25.00 (\$35 after 5pm October 10th to 7am the day of the race)
USAS/USMS One Time Event Fee: \$15.00 (if applicable)

Total Enclosed: \$ _____

Make check payable to: **South County Family YMCA**

or Credit Card: Master Card Visa

Card Number _____

Expiration Date _____ Signature of Card Holder _____

Print Name of Card Holder as it appears on the front of the card _____

Complete this form in its entirety and mail form and check to:

2006 Tropical Splash - Open Water Swim
South County Family YMCA
701 Center Road
Venice, Florida 34285

Duplicate this form as needed. NO faxed entries will be accepted.

DIRECTIONS: Siesta Key Beach – Sarasota, Florida

Interstate 75 to Sarasota exit #205 (Clark Road). Take Clark Road west approximately six miles. You will cross US 41 and continue across the bridge. Stay right after the bridge and take a right on Midnight Pass Road. Continue north on Midnight Pass Road to Siesta Key Beach. There is ample parking, and registration is at the Beach Pavilion.

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

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

Four causes — and solutions — for muscle cramps during exercise

You're beating the heat with a swimming workout, when suddenly, in the middle of the pool, your foot cramps. Ouch!

Cramping problems plague many swimmers. Cramping most commonly involves the feet or calves, although the quadriceps or hamstrings are sometimes affected. Muscle cramps can occur whether or not one is in shape, but it's more common when people are getting back into shape.

The most common causes for swimming-related cramps are the following:

- 1. Dehydration:** Our bodies continue to perspire even in the water. Some people lose more fluids than others, and therefore also require more water. **Treatment:** Be conscientious about keeping your body adequately hydrated. This means drinking fluids before, during and after workouts. Be sure to have replacement fluids by the side of the pool, even during short workouts.
- 2. Fatigue:** As the muscles fatigue, there is an increased tendency for cramping, although the exact mechanism is still being debated. Suffice it to say that anecdotally, swimmers report fewer cramps as they get in better shape and when they incorporate a good stretching routine. **Treatment:** Consistent training. Everyone's different, but for most swimmers, that is three to five times per week. Stretching exercises for the lower extremities (quadriceps, hamstrings, calves, feet) should be performed daily, and especially before swimming.
- 3. Electrolyte Deficiencies:** Most people who eat properly meet daily requirements for nutrients, including electrolytes, but sometimes intake is not sufficient for the amount and type of exercise. The most commonly implicated electrolytes are potassium, calcium and magnesium. **Treatment:** Eat one banana per day. Bananas are high in potassium and easy to eat on the run. Eat foods rich in calcium and magnesium, such as dairy products and green leafy vegetables. You may also consider a calcium/magnesium supplement. Try drinking an electrolyte replacement beverage during practice.
- 4. Swimming in Cold Water:** Though less common, some people are sensitive to cold water, which causes them to cramp. **Treatment:** Swim in warmer water. Do a more vigorous dryland warm-up, including stretching, prior to swimming. Allow time to acclimate to cold water by swimming at a moderate, consistent pace and not sprinting until your body has adapted.

Once a muscle is cramping, about the only thing you can do is to stretch it and massage it until it relaxes and lets go. It is important to remember that if leg cramps persist, one should definitely see a medical doctor. Serious underlying disorders, such as vascular disorders or other problems, may be causing the cramps.

condensed from an article first published on the USMS web site's News Bulletin page on June 17, 2004