

FLORIDA

Local Masters Swimming Committee
February 2007, Newsletter
Volume 24, Number 1

FLORIDA SWIMMERS PERFORM WELL IN POSTALS AND OPEN WATER CHAMPIONSHIPS

Many Florida LMSC swimmers participated in postal swims and open water championships in 2006. In the postal swims there were some new records: Joan Campbell (FACT) set a new record in the women's 3000 yard postal swim with a spectacular time of 58:19.19, the Florida Maverick Masters set a new record in the women's 19+ 6000 yard relay (Victoria Coleman, Ruth Thompson, Doris Prokopi) with a phenomenal time of 5:48:02.87, and St. Pete Masters set a new record in the mixed 65+ 6000 yard relay (Sandy Steer, Forest McDaniel, Katherine Knight-Perry, Ned Allen) with an amazing time of 10:17:39.00 . Also, there were several first place swims. Meegan Wilson (FACT) and Katherine Knight-Perry placed first in the women's 3000 yard postal swim. Don Pulchalski (FACT) and Robert Beach (SPM) placed first in the men's 3000 yard postal swim. In the women's 6000 yard postal swim, Charlotte Petersen (SPM) and Doris Prokopi (FMM) placed first, and Robert Beach placed first in the men's 6000 yard postal swim. Several Florida LMSC teams won first, second or third place in 3000 and 6000 yard relays, and St. Pete Masters won the Combined Club Scores in the 6000 yard postal swim.

In the 5K and 10k postal swims, LMSC swimmers also performed well. Doris Prokopi and Robert Beach placed first in the 5K, Pat Bond (FMM) and Kern Davis (SPM) placed second, and Sharon Salzman placed third. In the 10K Ruth Thompson (FMM), Doris Prokopi, and Kern Davis placed first, Jo Ann Harrelson (SPM) and Robert Beach placed second, and Flavia Zappa (SPM) placed third. The Florida Maverick Masters placed second in the women's 3 x 5K relay (Ruth Thompson, Pat Bond, Doris Prokopi), and St. Pete Masters placed first, second, or third in many relays.

Many LMSC swimmers performed well in open water championships out-of-town. Robert Beach placed first in the following championships: one mile open water championships (Lake Erie, Cleveland, OH), 3K open water championships (Hartwell Lake, Clemson, SC), two mile cable championships (Chris Greene Lake, Charlottesville, VA), and 5K open water championships (Lake Michigan, Chicago, IL). Flavia Zappa competed at the one mile open water championships and placed seventh, and Douglas Brown (FACT) placed first in the two mile cable championships. Several LMSC swimmers competed at the 5K open water championships: Aaron Peter (SPM) placed eleventh, Christine Swanson (SPM) placed tenth, Laura Kaleel (SPM) placed second, and Kern Davis placed second. Congratulations and thank you to all the swimmers who competed in postal or open water championships!



Robert Beach and LaurieJo Hall (GWS) at the one mile open water championships

From the Chairman's Desk

Dear FL LMSC Wet Ones!

I pray that you had a Merry Christmas and a Happy New Year! The year 2006 was a very eventful year and as a result, there is much for me to share about. First of all I want to thank you for giving me the privilege of serving you for another two years! With there being three well qualified candidates running for the Chairs position, it made for a very close race. Both Margie and Chuck were very worthy candidates and have significant value in helping make our LMSC great! As you have heard me say before, our LMSC is only as good as the combined support/efforts of our members.

As we look into the year ahead there are some things I want to ask for you to keep in mind and incorporate in the personal resolutions you might be forming. To borrow from a past US president, as we begin this year "ask not what your ..." LMSC "can do for you but what you can do for your ..." LMSC. As a teacher I am constantly stressing to my students that you will only get out of the course as much as you put into the course which they are taking. Well the same is true for you and the FL LMSC. There is a taxonomy which states that 10% of the people do 90% of the work – can you imagine if we turned it around - where could we go and where would we end up? I will be initiating a survey in the upcoming weeks which will be distributed to the club reps which will then be used to develop long and short term goals, which will require the involvement of many to be successfully implemented. If you want to get the most out of your LMSC membership you will consider where you can step in and get wet with leading us on into the future. Ask your club representative more about this in the upcoming weeks.

One of the most rewarding things about masters swimming is the relationships that are formed with like-minded individuals. It is always a special treat for me to meet our members at swim meets and especially the socials. One of the best and most meaningful gatherings to me that we have is our Annual Awards Banquet. This year it will be at the March Madness meet on the 10th and 11th in Clearwater. It has always been a special time to recognize phenomenal performances and develop friendships. More information is contained within. Mark your calendars ... hope to see you there!

As the chairman, I have the pleasure of meeting all of you and working along side some great individuals. We have a very special LMSC and I am grateful to serve you. One of my duties is to appoint various individuals for very critical positions. The web master position has been conducted very proficiently in the past by Richard Brewer who has stepped down to dedicate himself to another venture – thank you Richard for your past service. This past week I have had the pleasure of appointing Gary Zarkis as our new Web Master. In less than a week he has gotten us fully operational and begun to expand on the work of his predecessor. Another position that I am eager to fill is the Officials Chair position, if you or someone you know is qualified and interested, please contact me.

Florida is one of the best LMSC's in the USMS and we are who we are because of YOU! Just as a chain is only as strong as its weakest link, so too is our LMSC in relationship to its members. Please consider making one of your resolutions for this year to get more involved in making our LMSC the best that it can be! Contact me as to what your part will be! Happy New Year!

Serving toward our future!
Tom Bliss

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Officials

Vacant -- if interested please contact Tom Bliss.

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.

Ask the Swim Doctor

Question: Is the power of positive thinking really all that it is cracked up to be? How does this relate to Masters swimming?

Answer: Absolutely! I have always believed in the power of positive thinking and owe my high level of success throughout my 35 years of Masters swimming to following this principle. The goals and objectives of my club, the Florida Maverick Masters, is to provide a positive environment for individual levels of achievement and the freedom to express ideas. This is my philosophy and I feel that it is important for each of you to think positive thoughts, whether they be for your next pool meet, postal event, triathlon, virtual swim, to increase your personal level of fitness or day to day survival.

Since Masters swimming is a lifelong fitness for you, what makes for longevity in one area, also applies to other areas. Several famous names come to mind, and you may also recognize them.

Art Linkletter, 94, uses swimming as his prime exercise. "Longevity is as much an act of will as a dedication to exercise and a healthy diet." He has been a dedicated swimmer most of his life. In his younger years, he worked as a lifeguard in California and was a Pacific Coast backstroke champion. "Swimming," according to Linkletter, "is the best exercise for seniors, as it is not an impact sport and does not harm your joints." While in his 90's, he has given 75 lectures a year and traveled 150,000 miles.

Phil Dodson, 53, from Chicago, is another well-known personality, as well as a Masters swimmer and survivor. In the past, he has had four bouts with cancer, starting as a 39 year old with testicular cancer. He has always used a positive approach in his life, which helps him in his training. This year, in the 50-54 age group, he had exceptional times in the 200 m Free, 2:08 and the 400 m free, 4:37. In this month's SWIMMING WORLD Magazine, he was featured in their article, "Survive and Thrive."

The oldest swimmers in the FL LMSC, are Carl Lindstrand and Art Holden, both 95 year olds. This year, we'll have at least four other nonagenarians. In 2006, there were ten other swimmers 85 and older. Holden swam the Hour Swim when he was 93, to show others, "That just because you're old, doesn't mean you have to be a couch potato." When you think positive thoughts, alienation gives way to involvement; enjoyment replaces boredom; helplessness turns into a feeling of control and psychic energy works to reinforce the sense of self, instead of being lost in the service of external goals. Concentration is so intense that there is no attention left over to think about anything irrelevant, or to worry about problems.

Positive thinking, as an act of will, can be improved by everyone. This subtle benefit is the key to longevity

and better performance in your Masters swimming, no matter what your age. Take time to program your brain with psycho-cybernetics. Your self-image is the key to positive thinking, by not allowing negative thoughts. Program yourself for success and use mental pictures of success. Take some time every day to mentally prepare yourself for success. Set goals for yourself and take the steps towards achieving those goals. Clear out the cobwebs which lead to negative thoughts. Be positive! Anyone wanting more information or having personal questions, send a large SASE to: Dr. Paul Hutinger; 1755 Georgia Ave. NE; St. Petersburg, FL 33703 or e-mail phut@usms.org.

Next Newsletter Deadline

The deadline for May newsletter submissions is **Monday, April 9, 2007**. **Information and photos should be sent to Flavia Zappa at wellingtoniv@hotmail.com**. Thank you.

News from around the LMSC

BLUE WAVE

Blue Wave Master swimmers Sue Moucha and Dennis Kestler participated in the 2006 Daquiri Deck Tropical Splash, Siesta Key 5k Open Water. They both had super swims and are already to do it again next October.

Sue participated in the Holiday Classic Swim Meet, Coral Springs, December 2006. Sue swam 10 events, especially enjoying the 400 and 800 Freestyles.

Sue had the opportunity to have an article she wrote "From Physical Therapy to a World Record" featured as the December Fitness Article of the Month (www.usms.org, Health and Fitness). Sue also has a piece appear on "Stories About Swimmers" (www.usms.org, History and Archives).

She was recently interviewed by St. Petersburg Times Columnist, Ernest Hooper, Friday, January 5, 2007. Learn Sue's sports background and personality away from swimming (www.tampabay.com).

Sue SINCERELY appreciates all the RESPECT she receives from fellow swimmers at Masters events.

Thank you,
Sue Moucha



FACT

FACT NEWS

Joan Campbell

Our combined team is starting our 4th year and has definitely made the splash that it was intended to on its inception. Meegan has passed the Registrar/Treasurer wand on to Marianne Bradley of SUN Masters/FACT and after the initial shock - whoops, this is a BIG team, Marianne seems to have the bull by the horns. We want to give Meegan Wilson a THANK YOU for all she did over the past three years keeping the records straight and helping us get the ball rolling.

Coach Joe has also earned our sincere thanks for all the work he has done. The relays he has gotten together have been outstanding and the camaraderie that has been created by combining many of the local teams has been such fun. Although he was unable to go to World's, the FACT was we had 14 relays entered and individual and relay performances were outstanding. Chuck Slaght, our on-deck coach, did an outstanding job. Joe is recovering from a hernia operation in December, but will be back on deck shortly to encourage us. The 1-Hour swim is this month and he is looking for copies of your entries to put together some of those great relays – don't forget to send them to him ASAP. The swim must be in the month of January and entries are due February 12th. Give Joe a couple of days, so please send results by February 5th.

The 3000 Postal Championship was a winner for us. Three of our FACT relays captured National Championships, three were in 3rd place. Members of SUN Masters, 300 Club, Holmes Lumber Jax and Sarasota Masters placed well - Don Puchalski, Meegan Wilson and Joan Campbell were National Champions. Joan broke her own National record by 37:58! Marly Wilson, Leslie Hahn, Jean Banks, Marianne Bradley, Nancy Durstein, Dick Brewer, Florence Delaney, and Randy Magin were in the top ten.

Don Puchalski has been the “communicator” in the background – over the year he will develop more expertise and we'll rely on him for more hands-on jobs. The SUN Masters March Madness Meet March 10th and 11th will give us some opportunity to swim for our local teams and also get together for FACT relays if we're short of participants of the right age and sex. Be careful that you swim with other members of FACT on your team. Joe Biondi is Meet Director and he'll advise you of the procedure if you have any questions.

This year the USMS SCY Nationals will be held in Tacoma, WA. The Weyerhaeuser facility there is fantastic and there is so much to do and enjoy. I have combined it with a trip to Victoria, BC; trips through the Canadian Rockies; tour of the California and Oregon coast – if you have the time, it is outstanding. Please be sure to let Joe Biondi know in plenty of time if you are planning on competing – we will want to get some fast relays together.

FLORIDA MAVERICK MASTERS

OCTOBER “PENTATHLON” MEET - The air was brisk, the water was very invigorating and the bright sun required ingenuity in finding a shady spot to park chairs to mark our territory. Twenty-one Mavericks competed in the first Masters meet in the new pool at North Shore, St. Pete. Although it was called a Pentathlon meet, it wasn't, really. Swimming the five events to complete a sprint, middle or long “pentathlon,” not only requires the ability to swim all strokes, but with the extra challenges to complete them in only one day.

The Mavericks won the award for swimmers completing the most “pentathlons,” ten, which we donated to the East Bradenton Recreation Dept, for swimming lessons for needy kids.

Patricia Tullman and Matt Watkins completed the sprint and middle distance “pentathlons;” Gladys Olsen and Jean Troy, the middle distance; Michael Biggs, James Christie and Harold Miller the sprint distance; and super swimmer, James Browne, went the brute distance for the long distance events. Newcomer Kevin Boyd, competed in his first Masters meet. Other Mavericks in the meet included Jean Allen, Stephen Everhart, Gaylord Hopkins, Margaret & Harrison Homans, Margie & Paul Huting, James Pitts, Doris Prokopi, Kay Schimpf and Frank Tillotson.

HOLIDAY CLASSIC - CORAL SPRINGS, FL - The Maverick crowd was small with only four swimmers, Allen, the Homans duo and Troy, making the trip across scenic Alligator Alley. They were impressed with the swims by former Olympic swimmer, and new mom, Dara Torres, 39, who set National and World Records in the 50 m free, 25.10 and the 100 m Free, 54.95.

FLORIDA STATE SENIOR MEET - This SCY meet was held the first weekend in December, at the Florida Gulf Coast University in Ft Myers. In order to compete at the National Senior Games, end of June, 2007, Louisville, KY, swimmers had to qualify at this meet. Our eight swimmers fared well, with 32 qualifying swims and 11 meet records. They included Patricia Tullman, Patricia Bond, Gladys Olsen, Ken Hickey, Gaylord Hopkins, James Browne, Charles Weatherbee and James Pitts.

POSTAL EVENTS - Summer is that crazy time of year that some swimmers get the urge to swim extraordinary distances, up to 10,000 meters in the pool.

5K - Doris Prokopi, 1st; Patricia Bond, 2nd; Ruth Thompson, 5th and G Iris Threatt-Milton, 14th.

10K - Thompson & Prokopi, both won their age groups, and are National Champions.

3000 yards - Victoria Coleman, 11th; Threatt-Milton, 24th; Thompson, 5th; M Hutinger, 6th; Prokopi, 2nd and Criche, 6th.

6000 yards - Coleman, 3rd; Thompson, 4th; Prokopi, 1st. These three women combined for a National Record breaking relay, with a time of 5:48:02.87. Criche placed 4th.

Paul Hutinger, Club Representative



The Original Sarasota Masters

A Chapter of FACT



Deb Walker	Vicki Meyer	Helen Vetter, Jim Donnelly, Mario Sanguinetti, Edna Gordon, Tak Konstaninou, Greg Rotole, Deb, Barbara Wear
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Deb Walker held 2 swim clinics at Arlington Park Pool over the Holidays. Teammates, prospective members, and friends were all invited. The first one was a breaststroke clinic Sat., Nov 25. Both Deb and **Jim Donnelly** shared their breaststroke knowledge with the rest of the team and video taped each participant during the process, making the video available to the swimmers so they could see the “before” and “after” results. The 2nd clinic was held Sat., Dec 30 and included all of the strokes.

Jan 27th is the date we plan to swim the One Hour Postal Swim at Arlington Park Pool! Jim Donnelly has designed another beautiful t-shirt for this event-available for participants.

Results of the 3000 National Postal Meet

The Florida Aquatic Combined Team has New Swimmers, Record Breakers and All Americans in the 2006 USMS 3000 Postal Swim.

Total of 16 swimmers..... 6 Men and 10 Women

FACT....in the 3000 Postal Championship ... Combined Team 3rd place...Women's team is 3rd place --- Men's Team is 7th.

We ALL need to do this next year!

Men 55-59

8th--- Randy Magin, 57 **National Champion Relay Way to go!**

Men 60-64

6th--- Dick Brewer, 61

Mixed Relays

1st---19+ Marty Wilson, 22, Leslie Hahn, 26, Kenneth Iczkowski

42....**Randy Magin, 57**

3rd--- 45+ Meegan Wilson, 58, Jean Bancks, 50, Peter Nickodem, 57,

Dick Brewer, 61

Results: Long Course National Top Ten

Edna Gordon (80)

7 th	50	Free	56.05
6	100	Free	2:06.91
8	200	Free	4:30.84
3	400	Free	9:23.15
3	800	Free	19:36.26
8	50	Back	1:13.19
6	100	Back	2:31.41
4	200	Back	5:11.63
6	50	Breast	1:23.27

Deb Walker (55)

1	50	Breast	41.11
1	100	Breast	1:30.73
1	200	Breast	3:19.37
10	50	Free	33.60
8	100	Free	1:13.95
8	400	Free	5:35.27
8	100	Back	1:29.60
7	200	Back	3:08.14

Doug Messineo 66

9	100	Breast	1:37.63
10	200	IM	3:31.86

ALL AMERICAN RELAYS! First Place!

Women 400 Medley Relay 280-319

1 FACT FLORIDA

Bunny Cederlund (85), Joan Campbell (76), Nancy Durstein (77)
Edna Gordon (80) 9:40.38

Women 800 Freestyle Relay LCM 200-239 (2006)

1 FACT Florida

Pat Sargeant (53)
Deb Walker (55)
Meegan Wilson (58)
Linda Visser (36) **10:56.71**

Men 400 Medley Relay 280-319 LCM (2006)

1 Bill Rodenfels (64)

Robert MacDonald (78)
Doug Messineo (66)
John Cornell (79) **7:12.62**

Top Ten Relays

Men 400 LCM Free Relay 240-279

3 FACT Florida

Charles Kilbourne (67)
Donald Puchalski (67)
James Donnelly (57)
Tak Konstantinou (50) 5:15.91

Women 400 LCM Free Relay 280-319

4 FACT Florida

Helen Vetter (66)
Barbara Wear (71)
Joan Campbell (76)
Nancy Durstein (77) **8:11.52**

200 LCM Freestyle Relay Women 200-239 (2006)

5 FACT Florida

Paige Moore (40)
Deb Walker (55)
Meegan Wilson (58)
Pat Sargeant (53) **2:11.12**

Men 200 LCM Free Relay 240-279

7 Bill Livingood (61)

Harold Murray (65)
Randy Magin (57)
William Wallace (62) **2:03.92**

New Team Website!

Deb and Jim have been busy over the Holidays developing a website for The *Original Sarasota Masters!* We have included our Team History, Places to Swim, info on upcoming meets, links to USMS and LMSC websites, link to team gear site where members can order team t-shirts in any style or color, *along with 80 other items with our team logo*, Team Newsletter Archive, Registration forms, Photo Gallery, and Contact

page. Check it out at: <http://www.sarasotamasters.com/>.

SARASOTA YMCA SHARKS MASTERS

The Sharks Masters again started off the New Year with the 7th annual Big Pass swim at Siesta Key. Despite an overcast and rainy day about 20 Sharks and friends showed up and had a most enjoyable swim and a great way to bring in the New Year. After the holidays, we are back to some good solid training as we point to our major meets for 2007. The March meet in Clearwater will be a perfect tune up for Y Nationals set for April in Indianapolis. After Indy will be our own Bumpy Jones Classic in Sarasota, traditionally the first LC meet of the season in this area.

We wish to welcome a new Shark for 2007. Melon Dash comes to us from Walnut Creek Masters and was a top ten finisher at World's last summer. In addition, Melon is the founder of Conquer Your Fear of Water, an innovative self-discovery course in swimming. Visit www.conquerfear.com. We welcome Melon and all new Sharks for 2007.

Swim fast and stay healthy!



Annual Big Pass Swim January 1, 2007

ST. PETE MASTERS

SPM News Update

December 2006: Coach Patty Nardozzi decided it would be a great challenge to get SPMers to try the BRUTE SQUAD Challenge sponsored by USMS. Swimmers completed a 1650 Free, 400 IM and 200 Butterfly in one workout. Some swam it for time and some just swam along for the fun of it, if you can call the 200 Fly fun. The response from the team was high overall. About 10 swimmers completed the timed version and submitted their entries.

SPM ended 2006 with an incredibly tough New Year's Eve workout. Coach Fred Lewis is busy getting us ready for the Hour Swim in January. We are hoping for a high number of participants for this year's swim and hope that good participation will set the tone for the remainder of the year.

We also found out that **Tim Kennedy** will be competing in the 2007 Swim around Manhattan. We are happy to get Tim back in the pool after his time spent focusing on Iron Man distance triathlons in 2006.

Welcome to 2007....

Our team banquet was held on Saturday, January 13th. It is always nice to see everyone away from the pool, recap the prior year, bestow special honors on our members (**Laura Kaleel** – our Spirit Award Winner for 2006) and even hand out our now famous Georgie Awards. A fun night for everyone. Although the Hour Swim may be completed anytime during the month of January, SPM plans to pack the pool on Sunday the 21st. Plans are underway for the annual SPM Short Course Yard Championship Meet in April. The entry is included in the newsletter. Hope to see you all at the pool!



SUN MASTERS

LMSC January 2007 -SUN MASTERS QUARTERLY REVIEW

FLORIDA STATE SENIOR GAMES CHAMPIONSHIPS: December 2-3, 2006

The weekend brought six members of SUN Masters to Ft. Myers for the Florida State Championships of the Senior Games.

Don Puchalski (65-69) was our Top Dog with 5 Gold medals in 50 Breast, 100 Breast, 200 Breast, 100 IM and 200 IM.

Nancy Durstein (75-79) took 3 golds in 200 Back, 50 Fly and 200 IM. A Silver in the 100 IM, and 2 bronze medals in 500 Free and 100 Fly.

Marianne Bradley (60-64) has 2 golds in 100 Fly and 200 IM, a silver in 100 IM, and 3 bronze in 50 Free, 50 Back, and 50 Fly.

Joan Campbell (75-79) came away with 4 silvers in 200 Free, 500 Free, 200 Breast and 100 Fly. Her bronze came in the 100 Back.

Paul Polgar (55-59) took home 3 silvers in 50 Free, 100 Free and 50 Fly.

Florence Delaney (60-64) was thrilled to take home a silver in the 500 Free. She had 5 competitors and almost came away with Gold! Great going for someone who learned to swim only 2 years ago.



Don Puchalski with one of his 6 gold medals

3000 YARD POSTAL MEET

SUN had eight entries for the FACT team in the 3000 Yard postal Meet. **Don Puchalski** (65-69) with a time of 44:28.66 and **Joan Campbell** (75-59) with a time of 58:19.19 took first place in their age groups, with Joan breaking her own National record from last year. **Nancy Durstein** (75-79) finished second to Joan with a time of 1:04.07. Also competing were **Nancy Benchoff** (50-54) – 1:12.36 = #24, **Marianne Bradley** (60-64) – 57:28.00 = #5, **Florence Delaney** (60-64) – 1:01.26 = #7 and **Maria O'Toole** (60-64) – 1:55.02 = # 15, and **John Marzulli** (55-59) – 57:05.52 = #19. On **FACT relays**, **Marianne Bradley & Joan Campbell's** relay took Gold, **Nancy Benchoff, Florence Delaney and Nancy Durstein** took Bronze, and **Don Puchalski** has a Silver. The **FACT Combined Team** took third place, Women took third place and the Men took seventh.

The Pier to Pub Swim-Australia

Bev Tucker : 2nd in spite of some of the toughest conditions in the race's history as strong offshore winds pushed swimmers back to the starting.

New Year's Day Special Olympics Benefit: January 1, 2007.

The yearly benefit at the Long Center was well attended by swimmers of all backgrounds. We swam, kicked, paddled or pulled 2007 yards, feet or meters and had a great get-together afterwards at Carrabba's. **Contributions for the Pinellas County Special Olympics totaled \$750.00. What a great way to start the New Year!**

March Madness Swim Meet: March 10-11th, 2007

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. In 2006 250 participated and 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.

The change in the date of our event necessitated a name change .. hence the **March Madness Meet** was born - same Meet Director, same people, same hospitality, same friends and family, same location (the Long Center).

The pool has been renovated and looks brighter and shinier and the March date will likely mean warmer weather!

The **LMSC Awards** dinner is scheduled to take place that week-end at the Long Center. The **Bellview Biltmore, Safety Harbor Resort and Spa and the Clearwater Cay Club** have some great rates for the week end. Mark your calendar!!

Dixie Zone Championships for SCM and LCM are to be Virtual Meets. Keep an eye out on the website for details.

Please keep our Sun Masters friends who are dealing with injuries and adverse health conditions in your thoughts and prayers:

Elliott Schofield: Recovering from heart surgery .

John Marzulli : with a broken ankle

Nancy Benchoff: with a broken arm

Coach Joe : Surgery for a hernia with complications that are now under control.

SWIMMING TRIVIA

Question

How many Olympic medals did Mark Spitz win?

Answer

11 total. 9 gold (1968 Mexico City 4x100 m freestyle relay and 4x200 m freestyle relay; 1972 Munich 100 m butterfly, 100 m freestyle, 200 m butterfly, 200 m freestyle, 4x100 m freestyle relay, 4x100 m medley relay, and 4x200 m freestyle relay) 1 silver (1968 Mexico City 100 m butterfly) 1 bronze (1968 Mexico City 100 m freestyle)

Sources: Wikipedia and The Mark Spitz Web Page www.ncsu.edu/ligon/olympics/Spitz/MarkS.html

SWIMMING WORKOUT

Very good for open water- distance swimmers. After the warm-up, the main set is:

2 x 500 freestyle

2 x 400 freestyle

2 x 300 freestyle

2 x 200 freestyle

2 x 100 freestyle

Take 4 x 50 kicking or easy swimming in between each set of 2. Start the 500's somewhere 6-10 seconds slower 100 pace than your fastest 500 pace. For instance, if you swim a 7:30 in the 500 or a 1:30 pace start at a 1:36- 1:40 pace on the 500's swimming them continuously. Then drop 2-3 seconds on the 100 pace for every consecutive set of 2. So the 400s would be @ a 1:33-1:37 pace, the 300s @ a 1:30- 1:34 pace, the 200s @ a 1:27- 1:31 pace and the 100s @ a 1:24-1:27 pace. This is a really good, classic swim workout for distance swimmers and mimics the 3,000 yd. challenge that most college coaches use to evaluate their swimmers stamina in the beginning of the season.

The 4 x 50 kicking is between the 500s and 400s and again between the 400s and 300s and so on. So you will do a total of 20 50s kicking and 3,000 yards in the swimming part.

Happy Birthday and Anniversary to all Masters swimmers celebrating in February, March, and April!

Upcoming Florida Events

Clinic (not a meet)

Feb. 3 Masters & Adult Stroke Clinic; Brandon, FL; Brandon Sports & Aquatic Center

Charity Swim (not a meet)

Apr. 21 Gulf Coast Charity Swim; Miromar Lakes, FL; West Lake Como; Fund raiser for the Florida Lions Club Camp for the Visually Impaired. *This event is NOT USMS sanctioned.*

Short Course Yards

Feb. 23-25 14th Annual Masters Challenge; Ft. Lauderdale, FL; Ft. Lauderdale Aquatic Complex

Feb. 24-25 Polk Senior Games; Lakeland, FL; Lakeland Family YMCA; *This event is USMS recognized.*

Mar. 3 Spring Splash to Paris; Miami, FL; Miami Country Day Aquatic Center

Mar. 10-11 SUN Masters March Madness Meet; Clearwater, FL; Long Center

Apr. 13-15 St. Pete Masters Short Course Championships; St. Petersburg, FL; North Shore Pool

Long Course Meters

Apr. 22 Good Life Games; Clearwater, FL; Please contact Joan Campbell at jcampb10@tampabay.rr.com. *This event is USMS recognized.*

Jun. 9-10 Bumpy Jones Classic; Sarasota, FL; Sarasota YMCA Selby Aquatic Center; *NEW THIS YEAR: Entry fees will be waived for all swimmers aged 80+ as of Dec. 31, 2007, and for Bumpy Jones.*

Aug. 25 Blue Wave Masters Swim Meet; Brandon, FL

Open Water/Postal

Apr. 21 Tenth Annual 24-mile Tampa Bay Marathon Swim; Tampa/St. Petersburg FL; Tampa Bay; *This event is USMS sanctioned.*

May 5 Hurricane Man & Pass-a-Grille Challenge (2.4 mile & 1000 meter); St. Petersburg, FL; Please contact Livia Zien at livia@alum.mit.edu.

May 19 USMS 5K Open Water National Championships; Ft. Myers Beach, FL; *This event is USMS sanctioned.*

Jun. 16 Annual Swim Around Key West (12.5 miles); Key West, FL; Atlantic Ocean and Gulf of Mexico - around the island of Key West, FL; *This event is USMS sanctioned.*

Jun. 16 Swim Around Key West; Key West, FL; Atlantic Ocean and Gulf of Mexico - around the island of Key West, FL; Please contact Bill Welzien at wwelzien@aol.com.

Jun. 30 Ed Gaw Amelia Island Open Water Challenge (1 - mile, 5K); Fernandina Beach, FL; Atlantic Ocean; Please contact Chris Gaw at cgaw@cfl.rr.com. *This event is USMS sanctioned.*

Top 5s

Please visit <http://www.floridalmcsc.org>. The Top 5s in LCM and SCY are now posted. Thank you.

Florida LMSC Records

Short Course Meters (as of 12/31/06)

W O M E N

50 FREE 100 FREE 200 FREE 400 FREE 800 FREE 1500 FREE

18-24 27.65 C Watkins FACT-04 1:00.81 K Nardozi SPM-05 2:14.96 Lee Nessel SPCO-00 4:56.37 C Horrocks WFLM-00 13:17.10 Heather Perry ORLM-94 19:26.20 Claire Detra FACT-04
25-29 27.88 Lisa Summers SPM-96 1:00.62 Lisa Summers SPM-96 2:09.19 Lisa Summers SPM-96 4:51.84 Jenn Willis ORLM-94 10:00.77 B Bowman SMS-95 19:00.79 B Bowman SMS-95
30-34 28.24 Kathy Steele HLJ-94 1:02.31 C Petersen SPM-98 2:12.21 Melissa Varlas FACT-05 4:34.55 Melissa Varlas FACT-05 10:01.72 Linda Visser ORLM-00 18:53.04 Linda Visser
ORLM-00
35-39 28.13 C Petersen SPM-02 1:00.48 C Petersen SPM-01 2:09.29 C Petersen SPM-01 4:31.94 C Petersen SPM-01 9:34.18 C Petersen SPM-00 18:02.75 C Petersen SPM-00
40-44 28.87 C Shonkwiler ORLM-01 1:02.40 C Petersen SPM-06 2:13.86 C Petersen SPM-06 4:41.72 C Petersen SPM-06 10:16.12 C Shonkwiler ORLM-00 19:27.56 C 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 5:26.57 Cathy Fedako SYSM-06 10:45.88 Jean Bancks HLJ-03 20:09.37 Jean Bancks HLJ-03
50-54 30.40 Pat Sargeant FACT-06 1:07.60 Pat Sargeant FACT-05 2:29.98 Pat Sargeant FACT-05 5:15.84 Pat Sargeant FACT-05 11:51.19 Pam Geiger SPM-02 22:25.63 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 22:40.01 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 27:03.21 Patricia Bond
FMM-00
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 27:15.74 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-96 14:23.40 Florence Carr SPM-95 27:07.40 Florence Carr SPM-94
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 31:11.52 Florence Carr UNA-00
80-84 42.03 Florence Carr FMM-05 1:53.01 B Cederlund SPCO-03 4:18.76 B Cederlund SPCO-03 8:52.19 B Cederlund FACT-04 19:11.48 Kay Schimpf SPM-97 36:47.00 Kay Schimpf SPM-
97
85-89 51.34 Bunny Cederlund FACT-06 2:04.80 Bunny Cederlund FACT-07 5:11.86 Kay Schimpf FMM-02 10:29.25 Kay Schimpf FMM-02 21:44.00 Kay Schimpf FMM-02 41:11.16 Kay
Schimpf FMM-02
90-94
95-99

90-94

95-99

50 BACK 100 BACK 200 BACK 50 BREAST 100 BREAST 200 BREAST

18-24 32.17 K Nardozi SPM-05 1:11.26 B Runyon SWIM-96 2:37.53 H Hagedorn HLJ-02 36.88 D Lavette FACT-04 1:19.85 Jennifer Alger SPM-02 2:56.19 Esther Smith UNA-94
25-29 31.98 Jenn Willis ORLM-95 1:09.71 Jenn Willis ORLM-95 2:29.06 Amanda Pagon SPCO-00 35.7 Sudie Miller HLJ-93 1:17.66 Lisa Summers SPM-96 2:49.95 Bev Acker ORLM-95
30-34 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 1:14.97 Alegra Reich SPM-06 2:51.48 Linda Visser
ORLM-00
35-39 33.17 C Shonkwiler DSMC-96 1:12.13 C Petersen SPM-03 2:31.97 C Petersen SPM-02 37.72 Maud Orlando SPM-99 1:20.49 Beverly Lense ORLM-01 2:53.65 Linda Visser FACT-06
40-44 33.67 C Shonkwiler ORLM-01 1:13.82 Sylvia Buxton SYSM-06 2:32.82 C Petersen SPM-06 36.86 Holly Vaughn FACT-05 1:20.83 Holly Vaughn FACT-05 3:00.26 Judy Tibma DSMC-
96
45-49 35.92 Susan Halfacre GSC-01 1:18.47 Claire de Boer SYSM-06 2:51.67 Jean Bancks HLJ-03 38.67 E Bromwich SPM-90 1:23.20 Deb Walker SMS-96 3:05.04 Deb Walker SWIM-98
50-54 38.35 Pat Sargeant FACT-06 1:23.67 Deb Walker SWIM-02 2:56.63 Deb Walker SWIM-02 39.45 Deb Walker SWIM-02 1:25.53 Deb Walker SWIM-03 3:05.81 Deb Walker SWIM-02
55-59 41.44 Deb Walker FACT-06 1:31.46 Chris Gilligan SWIM-01 3:15.26 Chris Gilligan SWIM-01 40.85 Deb Walker FACT-06 1:28.69 Deb Walker FACT-06 3:15.81 Deb Walker FACT-06
60-64 46.67 Sarah L Tyler SNM-06 1:41.72 Pat Tullman FMM-00 3:40.67 Sarah L Tyler SNM-06 41.68 E Bromwich SPM-04 1:34.30 E Bromwich SPM-04 3:22.57 E Bromwich SPM-04
65-69 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 1:52.45 Jean Sterling DBMS-02 4:05.95 C Schwab DBMS-03
70-74 49.23 B Cederlund SPCO-95 1:46.05 Florence Carr SPM-95 3:55.98 Florence Carr SPM-95 50.73 Sylvia Eisele SWIM-03 1:55.84 Gertrud Zint HLJ-87 4:11.18 Gertrud Zint HLJ-87
75-79 50.82 B Cederlund SPCO-97 1:49.68 Regan Kenner FMM-99 4:02.33 Regan Kenner FMM-02 53.94 Gertrud Zint HLJ-93 2:02.29 Gertrud Zint HLJ-96 4:25.09 Regan Kenner FMM-99
80-84 53.97 B Cederlund SPCO-03 1:57.77 B Cederlund FACT-04 4:23.30 B Cederlund SPCO-03 1:04.37 Kay Schimpf SPM-97 2:25.15 Regan Kenner FMM-04 5:21.00 Regan Kenner FMM-04
85-89 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 2:53.08 Gertrud Zint FMM-02 6:18.17 Gertrud Zint FMM-03
90-94
95-99

90-94

95-99

50 FLY 100 FLY 200 FLY 100 IM 200 IM 400 IM

19-24 30.53 D Lavette FACT-04 1:08.78 Jennifer Alger SPM-02 2:43.09 Allison Beebe SPM-99 1:11.15 Tanya Felton LCAM-02 2:30.11 Jennifer Alger SPM-02 5:38.00 Esther Smith UNA-94
25-29 30.09 Sudie Miller HLJ-93 1:07.57 L Welting FAST-95 2:29.66 L Welting FAST-95 1:08.66 Lisa Summers SPM-96 2:29.81 L Welting FAST-95 5:12.72 L Welting FAST-95
30-34 31.15 Melissa Varlas FACT-05 1:05.24 Melissa Varlas FACT-05 2:24.52 Melissa Varlas FACT-05 1:08.99 Alegra C Reich SPM-06 2:35.45 Melissa Varlas FACT-05 5:22.89 Linda Visser
SWIM-00
35-39 30.39 C Shonkwiler DSMC-96 1:09.72 Karen Becker TBAC-03 2:40.03 Karen Becker TBAC-03 1:11.47 C Petersen SPM-02 2:30.38 C Petersen SPM-02 5:27.96 Karen Becker TBAC-03
40-44 31.85 C Shonkwiler ORLM-01 1:11.95 C Shonkwiler ORLM-01 2:58.96 Sylvia Buxton SYSM-06 1:12.88 C Petersen SPM-06 2:33.96 C Petersen SPM-06 6:04.21 Jo Harrelson SPM-98
45-49 32.25 C-Ann Hudson LCAM-02 1:13.36 C-Ann Hudson LCAM-02 2:49.18 Claire de Boer SYSM-06 1:18.30 Jean Bancks HLJ-02 2:52.94 Claire de Boer SYSM-06 6:09.55 Jo Harrelson
SPM-01
50-54 34.89 Pat Sargeant FACT-05 1:19.16 Pat Sargeant FACT-05 3:08.08 Pat Sargeant FACT-05 1:20.07 Pat Sargeant FACT-05 2:52.46 Pat Sargeant FACT-05 06:11.8 Pat Sargeant FACT-06
55-59 37.7 Jayne Lambke SPM-94 1:29.10 Susan Tyler SNM-06 3:28.37 Jayne Lambke SPM-94 1:31.20 Jayne Lambke SPM-96 3:21.23 Jayne Lambke SPM-95 6:57.84 Jayne Lambke SPM-95
60-64 41.82 Jayne Lambke SPM-99 1:40.35 Jayne Lambke SPM-99 4:22.37 N Durstein CATM-93 1:35.60 Jayne Lambke SPM-99 3:25.90 Florence Carr HLJ-87 8:33.38 Jean Sterling DBMS-00
65-69 43.93 Florence Carr HLJ-90 1:53.46 Pat Tullman FMM-03 4:09.94 Florence Carr HLJ-93 1:37.84 Florence Carr HLJ-90 3:49.03 Florence Carr SPM-94 8:16.12 Florence Carr SPM-94
70-74 47.04 Florence Carr SPM-96 1:55.64 Jean Troy FMM-00 4:18.32 Jean Troy FMM-01 1:43.66 Florence Carr SPM-95 3:46.89 Florence Carr SPM-95 8:19.48 Jean Troy FMM-99
75-79 48.7 Jean Troy FMM-02 1:58.42 Jean Troy FMM-02 5:07.59 June Reynolds SPM-99 1:46.72 Jean Troy FMM-02 3:49.91 Jean Troy FMM-02 8:30.87 Jean Troy FMM-02
80-84 1:07.37 Florence Carr FMM-05 2:36.99 June Reynolds FMM-02 6:04.35 June Reynolds FMM-03 2:17.75 June Reynolds FMM-02 5:01.71 Kay Schimpf SPM-97 11:05.81 Kay Schimpf
SPM-97
85-89 1:31.62 Gertrud Zint FMM-02 2:40.99 Gertrud Zint FMM-02 6:12.33 Gertrud Zint FMM-02 13:32.12 Gertrud Zint FMM-03
90-94
95-99

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Florida LMSC Records

Short Course Meters (as of 12/31/06)

M E N

50 FREE 100 FREE 200 FREE 400 FREE 800 FREE 1500 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 16:15.25 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 17:08.15 Andrew Farrell
ORLM-99
30-34 24.18 John Black HLJ-93 53.62 John Black HLJ-93 1:58.49 Adam Jerger SPM-06 4:21.63 Cris Williams HLJ-93 9:07.32 Cris Williams HLJ-93 17:37.82 Andrew Farrell ORLM-00
35-39 24.81 Scot Weiss ORLM-03 54.06 Meisenheimer ORLM-94 1:57.31 Meisenheimer ORLM-94 4:16.27 Wm Specht SPM-95 8:58.85 Wm Specht SPM-93 18:50.49 Larry Black SWIM-95
40-44 24.79 Richard Mercer ORLM-04 55.02 Miltenberger ORLM-93 2:03.31 Jerry Dawson UNA-03 4:09.10 Wm Specht SPM-99 9:28.55 Larry Black SWIM-99 18:06.85 Larry Black SWIM-
00
45-49 25.27 Thomas Peek HLJ-93 55.71 Meisenheimer ORLM-02 2:04.41 Mark Drennen FACT-05 4:20.85 Mark Drennen FACT-05 8:59.81 Mark Drennen FACT-05 16:56.31 Mark Drennen
FACT-04
50-54 26.08 F Ehmke FACT-04 48.10 Mark Drennen SYSM-06 2:03.04 Mark Drennen SYSM-06 4:18.96 Mark Drennen SYSM-06 8:53.48 Mark Drennen SYSM-06 18:15.20 Rick Walker
SWIM-00
55-59 26.88 G Woodsum ATAC-02 1:00.27 G Woodsum FACT-04 2:13.52 Rick Walker FACT-05 4:44.53 Rick Walker SYSM-06 9:42.09 Rick Walker FACT-05 20:03.24 Burwell Jones UNA-
89
60-64 29.20 Jan Soderstrom SYSM-06 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 22:57.95 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 5:21.67 G Hopkins FMM-06 11:06.67 Burwell Jones UNA-02 20:54.80 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 23:58.19 Robert Beach
SPM-03
75-79 33.94 Paul Hutinger FMM-99 1:23.71 Robert Blake FMM-03 3:13.05 Bob Beach SPM-06 6:33.72 Bob Beach SPM-06 14:22.68 Paul Hutinger FMM-00 28:18.14 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 32:20.18 R Sigersmith
FACT-04
85-89 40.86 B Cleveland FMM-02 1:46.59 B Cleveland FMM-02 4:17.55 B Cleveland FMM-02 11:04.27 F Tillotson FMM-99 20:20.92 D Malbrough FMM-98 37:45.56 D Malbrough FMM-
98
90-94 1:05.13 Peter Jurczyk IRCC-97 2:30.54 Peter Jurczyk IRCC-97

95-99

50 BACK 100 BACK 200 BACK 50 BREAST 100 BREAST 200 BREAST

19-24 27.7 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-96 1:10.99 Jack Thomas SWIM-95 2:39.10 C Sikes IRCC-90
25-29 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 1:05.80 Atiba Wade ORLM-02 2:30.94 Rob Butcher DBMS-98
30-34 25.54 Martin Zubero ORLM-01 55.19 Martin Zubero UNA-03 2:00.43 Martin Zubero ORLM-01 30.15 Adam Jerger SPM-06 1:05.99 Adam Jerger SPM-06 2:27.45 Adam Jerger SPM-06
35-39 27.54 Wm Specht SPM-93 59.57 Wm Specht SPM-94 2:10.01 Wm Specht SPM-93 31.63 Richard Mercer HHSC-02 1:09.75 Richard Mercer HHSC-02 2:37.64 Richard Mercer HHSC-02
40-44 27.84 Wm Specht SPM-98 59.26 Wm Specht SPM-98 2:09.61 Wm Specht SPM-98 30.8 Miltenberger ORLM-93 1:07.98 Miltenberger ORLM-93 2:36.32 Miltenberger ORLM-93
45-49 28.81 Casey Clafin SWIM-99 1:03.19 Casey Clafin SWIM-00 2:16.39 Wm Specht SPM-04 32.68 Miltenberger ORLM-96 1:10.97 Jerry Dawson NTC-05 2:38.83 Mark Drennen FACT-05
50-54 30.78 Casey Clafin FACT-06 1:06.22 Casey Clafin FACT-06 2:26.75 Thomas Bliss FACT-04 33.63 Scott Guthrie UNA-95 1:14.53 Mark Drennen SYSM-06 2:41.11 Mark Drennen
SYSM-06
55-59 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 1:17.05 Rick Walker FACT-05 2:52.21 Rick Walker FACT-05
60-64 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 1:25.14 Gary Trimble SWIM-03 3:13.46 T VanDerVeen UNA-
04
65-69 35.1 Burwell Jones UNA-02 1:16.77 Burwell Jones UNA-02 2:55.98 G Hopkins FMM-06 40.07 Don Puchalski FACT-06 1:27.29 K Wiedemann FACT-04 3:13.98 K Wiedemann FACT-
04
70-74 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 1:31.38 R MacDonald FMM-99 3:24.72 R MacDonald
FMM-98
75-79 38.38 Paul Hutinger FMM-99 1:25.13 Paul Hutinger FMM-00 3:12.53 Paul Hutinger FMM-00 43.42 R MacDonald FMM-03 1:35.87 R MacDonald FMM-03 3:34.95 R MacDonald FMM-
05
80-84 41.58 Paul Hutinger FMM-04 1:33.27 Paul Hutinger FMM-04 3:39.12 Paul Hutinger FMM-04 50.21 Paul Hutinger FMM-04 2:09.76 Rogers Holmes HLJ-01 4:43.42 D McCullough
FMM-99
85-89 53.36 D Malbrough FMM-98 2:00.81 D Malbrough FMM-98 4:44.23 D Malbrough FMM-98 53.44 B Cleveland FMM-02 2:09.54 B Cleveland FMM-02 5:04.17 B Cleveland FMM-02
90-94 1:15.93 Peter Jurczyk IRCC-97 2:49.42 Peter Jurczyk IRCC-97 8:38.34 Frank Tillotson FMM-06 2:20.91 Frank Tillotson FMM-05 11:58.55 Frank Tillotson FMM-06

95-99

50 FLY 100 FLY 200 FLY 100 IM 200 IM 400 IM

19-24 25.94 Nei-Kuan Chia UNA-01 57.54 Jeff Poppell HLJ-93 2:07.64 Jeff Poppell HLJ-93 1:02.77 Chris McKee ORLM-03 2:11.25 Jeff Poppell HLJ-93 4:44.27 Jeff Poppell HLJ-93
25-29 25.58 Nei-Kuan Chia UNA-03 56.91 Nei-Kuan Chia UNA-03 2:29.30 Stuart Barton DSMC-96 1:02.24 Graham Ginn HLJ-98 2:13.96 Paul Robinson ORLM-93 4:52.77 Paul Robinson
ORLM-93
30-34 26.53 Adam Jerger SPM-06 58.88 M Shepardson SPCO-90 2:15.59 Wm Specht SPM-92 56.66 Martin Zubero UNA-03 2:15.22 Adam Jerger SPM-06 5:08.11 Cris Williams HLJ-93
35-39 25.89 Wm Specht SPM-93 57.02 Wm Specht SPM-93 2:06.48 Wm Specht SPM-94 1:02.77 Richard Mercer HHSC-02 2:21.99 John Galloway SPM-00 5:11.36 Jay Lockaby FACT-05
40-44 25.89 Wm Specht SPM-98 56.18 Wm Specht SPM-98 2:02.97 Wm Specht SPM-98 1:03.06 Jerry Dawson UNA-03 2:20.50 Jerry Dawson UNA-03 4:55.94 Wm Specht SPM-01
45-49 26.87 Wm Specht SPM-03 58.1 Wm Specht SPM-04 2:09.06 Wm Specht SPM-03 1:03.38 Jerry Dawson NTC-05 2:21.56 Jerry Dawson NTC-06 4:59.97 Mark Drennen FACT-05
50-54 27.49 F Ehmke FACT-04 1:00.08 John McCall ORLM-03 2:29.44 John McCall ORLM-01 1:06.68 Mark Drennen SYSM-06 2:25.24 Thomas Bliss FACT-04 4:59.39 Mark Drennen
SYSM-06
55-59 30.04 Rudy Vazmina FACT-05 1:11.73 Rudy Vazmina FACT-05 3:02.14 E Leskowitz HLJ-96 1:12.67 Burwell Jones HLJ-89 2:41.86 Burwell Jones HLJ-90 5:41.72 Grant Inman ACTT-
06
60-64 30.8 Scott Guthrie UNA-04 1:21.37 Christian Iselin ORLM-03 3:12.16 Christian Iselin ORLM-03 1:18.44 Harold Murray HLJ-03 2:49.03 Jack Beattie ORLM-94 6:38.30 Christian Iselin
ORLM-03
65-69 35.41 Paul Hutinger SPM-93 1:29.92 Dren Geer SWIM-03 3:15.07 Dren Geer SWIM-00 1:15.82 Burwell Jones UNA-02 2:50.95 Burwell Jones UNA-02 6:49.87 Dren Geer SWIM-00
70-74 35.13 Paul Hutinger SPM-94 1:30.63 Dren Geer FACT-04 3:44.03 Joe Kurtzman FMM-97 1:17.22 Burwell Jones SWIM-03 2:56.52 Burwell Jones SWIM-03 6:31.79 Burwell Jones
FACT-04
75-79 39.79 Paul Hutinger FMM-00 1:43.63 R MacDonald FMM-05 4:16.35 Joe Kurtzman FMM-01 1:32.31 Paul Hutinger FMM-00 3:34.96 R MacDonald FMM-03 8:00.40 Paul Hutinger
FMM-00
80-84 45.56 Rogers Holmes HLJ-01 2:02.17 Paul Hutinger FMM-05 4:37.61 Paul Hutinger FMM-05 1:43.06 Paul Hutinger FMM-04 4:18.15 Rogers Holmes HLJ-01 10:45.22 D McCullough
FMM-99
85-89 1:21.41 D McCullough FMM-01 3:11.89 D McCullough FMM-01 2:12.82 B Cleveland FMM-03 5:57.12 D McCullough FMM-01 12:53.77 D McCullough FMM-01

90-94

95-99

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Florida LMSC Relay Records

Short Course Meters (as of 12/31/06)

200 FREE-WOMEN 200 MEDLEY-WOMEN 400 FREE-WOMEN 400 MEDLEY-WOMEN 800 FREE-WOMEN

72+ 2:06.79 Sirbu, Hall 2:25.00 Keaton, Saristy 4:51.41 Kosson, Saristy
McNiece, Ries ORLM-93 Kosson, Olson ORLM-01 Keaton, Olson ORLM-01
100+ 1:58.34 Steele, Aguilar 2:15.25 Trompke, Alger 4:18.93 Junkerman, Brown 5:43.89 Dickson, Sariusky
Hansen, Sutton HLJ-94 Forkois, Petersen SPM-02 Trompke, Petersen SPM-00 Bettler, Marques ORLM-02
120+ 1:58.49 D & H O'Brien 2:12.76 Tibma, Orlando 4:22.74 Beebe, Shonkwiler 5:09.56 Trompke, Orlando 10:48.31 Oleksy, Swanson
Hartle, Keller ORLM-95 Shwiler, Petersen SPM-98 Moses, Petersen SPM-99 Zien, Petersen SPM-01 Flanagan, Stauch SPM-95
160+ 2:00.99 Moore, Gugliemi, 2:22.16 Dodd, Walker 5:03.89 Salzman, Zien 5:23.16 Orlando, Flanagan 11:00.62 Harrelson, Swanson
Sargeant, Visser FACT-06 Seal, Kolbe SWIM-98 Swanson, Harrelson SPM-02 Moses, Geiger SPM-99 Geiger, Leadbetter SPM-00
200+ 2:36.49 Brewer, Steer 2:44.33 Geiger, Harrelson 5:48.78 Lambke, Steer 6:10.61 Harrelson, Bromwich
Geiger, Lambke SPM-99 Lambke, Bromwich SPM-98 Harrelson, Swanson SPM-99 Swanson, Geiger SPM-03
240+ 2:47.44 Bromwich, Steer 3:18.02 Bromwich, Steer 6:35.11 Bromwich, Steer 7:08.51 Bromwich, Steer 16:24.75 Prokopi, Olsen
Knight-Perry, Geiger SPM-02 Geiger, Knight-Perry SPM-02 Knight-Perry, Geiger SPM-02 Knight-Perry, Geiger SPM-02 Hutinger, Mitchell SPM-95
280+ 3:04.95 Carr, Zint 3:24.20 Tullman, Kenner 6:10.44 Troy, Homans 7:30.18 Tullman, Kenner 19:26.58 Oretto, Yost
Reynolds, Beers HLJ-93 Troy, Carr FMM-01 Carr, Tullman FMM-02 Troy, Carr FMM-01 Kennedy, Reynolds SPM-95
320+ 3:25.71 Troy, Schimpf 4:13.67 Kenner, Zint 9:34.11 Schimpf, Hughes 10:28.35 Kenner, Zint 18:25.47 Schimpf, Hughes
Zint, Carr FMM-02 Carr, Schimpf FMM-02 Zint, Kenner FMM-02 Reynolds, Vann FMM-04 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 1:53.48 Black, Williams 3:53.22 Wade, Hynes
Neumayer, Wade ORLM-02 McKee, Poppell HLJ-93 Weiss, Neumayer ORLM-02
120+ 1:39.49 McKean, Williams 1:53.30 De La Piedra, Koenig 3:53.02 Starford, Scott 4:45.02 Bateman, Turner
J Black, Peek HLJ-93 Starford, Scott TBAC-01 Maddox, De La Piedra TBAC-02 McCall, Finney SPCO-99
160+ 1:43.39 Weiss, Meisenheimer 1:54.08 Spardson, M'berger 3:50.75 Allbritton, Hemple 4:34.18 Specht, Hemple 8:45.81 Woodsom, Ruth
Keen, Ehmke ORLM-02 Ehmke, Meisenheimer ORLM-96 Kennedy, Frazier SPM-02 Collins, Frazier SPM-02 Williams, Schlak BRAT-95
200+ 1:47.69 Inman, Hawkins 2:00.74 Lockaby, Walker 5:15.27 Murray, Steele 4:34.53 Lockaby, Walker
Bastman, Scott TBAC-02 McCormack, Soderstrom SYSM-06 Pillmore, Nickodem FACT-04 McCormack, Soderstrom SYSM-06
240+ 2:07.68 Weatherbee, Beattie 2:23.88 Hutinger, Betzer 5:17.90 Burns, Kohnken 6:08.92 Hutinger, Burns
Sirbu, Glancy ORLM-96 Smith, Ferris SPM-93 DeGroot, Ferris SPM-93 Betzer, Johnston SPM-92
280+ 2:21.20 MacDonald, Hutinger 2:31.20 Hutinger, M'Donald 5:47.99 Hutinger, Maloney 6:10.90 Hutinger, MacDonald 14:59.48 Tillotson, Hutinger
Unger, A Kurtzman FMM-99 Kurtzman, Maloney FMM-97 Schlegel, MacDonald FMM-00 Lathi, Schlegel FMM-01 Maloney, Everhart FMM-00
320+ 3:23.04 Tillotson, Cleveland 3:57.79 Tillotson, Cleveland 7:58.92 Tillotson, Williams 8:44.50 Tillotson, Cleveland 18:05.44 Hotvedt, Tillotson
Williams, Pitts FMM-02 Maloney, Homans FMM-02 Cleveland, McDonald FMM-02 McDonald, Homans FMM-02 Johnston, Walbolt SPM-95
200 FREE-MIXED 200 MEDLEY-MIXED 400 FREE-MIXED 400 MEDLEY-MIXED 800 FREE-MIXED
72+ 1:55.85 Hall, Charnforoosh 2:15.73 Neumayer, Sauriisky
Sirbu, Brancato ORLM-93 Bettler, Wade ORLM-02
100+ 1:49.49 Thomas, Sutton 2:04.48 Willis, Ch'mforoosh
Runyon, Faubel SWIM-96 Brancato, V D Molen ORLM-94
120+ 1:45.78 Summers, Specht 2:00.78 Specht, Orlando 5:37.82 Irving, D Walker 10:47.66 Irving, Borsheski
M-Bussey, Barton SPM-96 Barton, Shonkwiler SPM-98 Borsheski, Mitchinson SWIM-03 Thompson, Seal SWIM-03
160+ 1:50.25 Weiss, Marques 2:06.42 Frazier, Flanagan 4:51.26 Milligan, Orlando 10:47.61 Ross, Betzer
Shonkwiler, Ehmke ORLM-03 Specht, Petersen SPM-01 Bastie, Shonkwiler SPM-98 Geiger, Leadbetter SPM-95
200+ 2:04.88 Walker, Bennett 2:20.09 Clafflin, D Walker 5:40.82 Swanson, Betzer 14:09.20 K-Perry, Perry
Tolpa, Greer SYSM-06 Geer, Dodd SWIM-00 Bastie, Geiger SPM-04 Steer, Day SPM-95
240+ 2:23.84 Lambke, Bromwich 2:35.19 Gilligan, D Walker 6:13.89 Steer, Lambke 6:23.18 Betzer, Steer 12:46.60 Cox, Allen
Arnold, Ferris SPM-98 Messineo, Randall SWIM-01 Kohnken, Ferris SPM-98 Bastie, Knight-Perry SPM-02 Lambke, Kohnken SPM-95
280+ 2:32.53 Troy, MacDonald 2:56.74 Cederlund, Wilson 6:03.05 Schimpf, Carr 6:34.16 P Hutinger, Maloney 13:32.79 Maloney, Schimpf
Tullman, P Hutinger FMM-00 Geer, Sigersmith FACT-04 DeGroot, MacDonald SPM-95 Tullman, Troy FMM-00 Carr, MacDonald SPM-95
320+ 2:57.86 Carr, Reynolds 3:26.35 P Hutinger, Zint 8:18.35 Johnston, Schimpf
P Hutinger, Cleveland FMM-03 Troy, Cleveland FMM-03 Walbolt, Reynolds SPM-97

When you complete outside the FL LMSC and want your times included for records and the Top 5, it is your responsibility to send an **official copy of your time, date, place of meet**, to: Livia Zien, 220 24th Ave. N, St. Petersburg, FL 33704. This will insure the integrity and accuracy of the FL LMSC records. If you have any questions, please call Livia Zien at 727-641-6909 or email to livia_h2oh@earthlink.net. Please let me know if I have inadvertently left out any times.

2007 SUN Masters March Madness Invitational

hosted by SUN Masters, Inc., City of Clearwater Athletics, and St. Petersburg/Clearwater Sports Commission March 10 – 11, 2007 – Sanctioned by Florida LMSC for USMS, Inc #147-002

DATE & TIME: Saturday, March 10: warm-up at 7 AM for 1000 free begins at 8 AM, and warm-up at 10 AM for other events which begin at 11 AM, Sunday, March 11: warm-up at 8 AM, meet begins at 9 AM.

FACILITY: The Long Center, 1501 N. Belcher Road, Clearwater, Florida. The Long Center is an indoor 50 meter x 25 yard pool. This meet will be using 10 of the facility's 20 short course yard lanes with Colorado Timing for competition and 10 lanes will be provided for warm-ups during the course of the meet. All events will be swum in numerical order slow to fast. **Events 1 and 2 are limited to the first 50 to enter.** Refreshments are provided free of charge.

ELIGIBILITY: Current USMS rules will govern. All athletes 18 years of age and older as of March 11, 2007, and registered with USMS, Inc. Non U.S. citizens should have a letter of introduction from their own swimming association.

ENTRIES & FEES: Swimmers must pre-enter by mail. **Entries must be received by Friday, March 2.** Swimmers may enter a maximum of five individual events per day. Each entry must be submitted on the entry form with your name, registered team (local chapter, if applicable), age, event description, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver signed, and a copy of your 2007 USMS registration card is attached. The entry fees are \$2.50 per individual event, \$5 per relay team, and a \$15 surcharge to cover the electronic timing system. Please make checks payable to **SUN Masters Swim Team, Inc.** and mail to the address on the entry tab. Scratches will be accepted and allowable refunds made if the meet director (Joe Biondi – 727-725-9978) is notified prior to 4 PM, March 6.

RELAYS: Relay teams may be deck entered at the meet both Saturday and Sunday. Only team members registered for the meet may participate in the relays. Age categories for relays are 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+. Relay cards are due before events 5 and 15 on Saturday and before events 27 and 33 on Sunday.

SCORING & AWARDS: Individual High Point awards for 1st, 2nd and 3rd in all age groups (must swim five individual events to be eligible). Team awards for combined men and women 1st, 2nd and 3rd. Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays. **Team club awards will include individual chapters of the Florida Aquatics Combined Team, but not FACT.** Individual entries must **designate the chapter** immediately preceding their USMS registered team (ex: SUNF) **Relays of club teams must be either registered all one club or members of all one chapter and all registered FACT to count for team high point.** FACT relays from different chapters or individual members may be swum together but will not count for High Point Team awards. Notify the meet director if you would like to swim with other FACT members from different chapters on a relay – we will try to coordinate your relay entries.

ORDER OF EVENTS: (*check-in required at least 1/2 hour prior to event. Events 1 & 2 will be deck seeded, combined, limited to the first 50 entrants, and seeded slow to fast) (Events 21/22 and 41/42 will be deck seeded. 41/42 will be combined)

W/M	Saturday, March 10	W/M	Sunday, March 11
1/2	*~ 1000 Freestyle	23/24	200 Breaststroke
3/4	200 Backstroke	25/26	50 Butterfly
5/6	50 Breaststroke	27/28	100 Freestyle
7/8	200 Freestyle	29/30	100 Backstroke
9/10	100 IM	31	200 Mixed Medley Relay
11	200 Mixed Free Relay	33/34	100 Breaststroke
13/14	200 Butterfly	35/36	100 Butterfly
15/16	50 Freestyle	37/38	200 IM
17/18	50 Backstroke	39/40	200 Medley Relay
19/20	200 Free Relay	41/42	*500 Freestyle
21/22	* 400 IM		

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

Fees: Meet surcharge.....= \$ 15.00
 # events (___) x \$2.50.....= \$
 Special T-shirt (___) x \$ 15.00..... = \$
 TOTAL ENCLOSED.....= \$

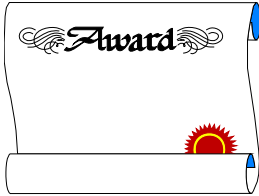
Make checks payable to **SUN Masters Swim Team, Inc.** and mail the check and the entry form with this tab attached to:

Joe Biondi
March Madness Invitational
216 Elizabeth Street
Clearwater, FL 33759

**ATTACH A COPY OF YOUR
 CURRENT USMS CARD HERE.
 BE SURE TO SIGN AND DATE
 THE ENTRY FORM.**

**The annual Florida LMSC
 awards dinner will be held
 Saturday evening, March 10,
 in the Long Center banquet
 Room.**

2007 Florida LMSC AWARDS BANQUET



Saturday March 10, 2007 **SUN Masters March Madness Meet** **Long Center - Clearwater, FL**

COST: \$16 per Adult and \$9 per child (12 and under).

TIME: Please join us around 4:45 pm to socialize. Dinner will start around 5:30 pm. The Awards Presentation will follow and should be completed by 7 pm.

WHERE: Long Center Banquet Room - Clearwater, FL

ALL are welcome. Dress is casual.

MENU: Chicken Marsala, Vegetable Lasagna, Tossed Green Salad, Waldorf Salad, Rice Pilaf, Mixed Garden Veggies, Assorted Pies, Iced Tea, Coffee, Lemonade; Beer and Wine (donations accepted). Child's menu may vary.

RESERVATIONS are required. Deadline is March 2nd. Pick up your reserved tickets at the door. A few tickets will be sold at the door for \$20 each, but to be sure of food availability please email or call in any last minute reservation requests. Please mail checks, payable to Florida LMSC, to: Meegan Wilson, 620 NW 27th Way, Gainesville, FL 32607 (meeganwilson@bellsouth.net; 352-373-0023).

Recognizing the Best in 2006

Most Valuable Swimmers of the Year - awarded to the top male & female swimmers selected from the top ten Florida Swimmers of the year in both long distance and pool.

Outstanding Swimmers of the Year - awarded to the next four in the top ten male & female swimmers in each.

Top Ten Swimmers of the Year - awarded to the next five in the top ten male and female swimmers in each.

Leather Lungs Award - awarded to all swimmers who have completed all individual events in short course yards, long course meters and short course meters and/or all five USMS postals.

Sue Moucha Inspirational Award - awarded to a swimmer who has overcome adversity and who provides inspiration to all while pursuing swimming.

Frank H. Tillotson Award - awarded by the Florida Mavericks to a swimmer who has made outstanding contributions to his or her own team, to the Florida LMSC, Dixie Zone and/or USMS, and to the general swimming community beyond Masters.

St. Pete Masters 37th Annual SCY Championships
April 13 - 15, 2007 – Hosted by St. Pete Masters
Sanctioned by Florida LMSC for USMS Inc. – Sanction # 147-006

Date & Friday, April 13th : 1650 Free Warm Up: 4:30 pm; Swim: 5:00 pm;

Time: Saturday and Sunday, April 14th & 15th : Warm Up: 8:00 am; Swim: 9:00 am

Facilities: North Shore Pool is located at 901 North Shore Drive NE, in St. Petersburg, FL. A maximum of 10 lanes will be seeded for all events. Colorado Timing with hand held back-up watches for all events

Eligibility Open to all MASTERS, age 18 or older. A **copy of your 2007 USMS card MUST** be attached & **Rules:** to the entry form. 2007 USMS rules govern this meet.

Individual Check in required for the 1650 yd Free, 400 yd IM and 500 yd Free. These **3 events** will be **Events: mixed M & W** timed **Events** finals and seeded slow to fast **EXCEPT the 1650 Free will be seeded FAST to SLOW**. The 1000 yd Free split will be submitted for every swimmer completing the 1650 yd Free and recording an electronic split at the 1000 yd mark. All other events will be timed finals and seeded Slow to Fast.

Relays: Relays will be deck entered and seeded prior to each race. All relay swimmers must be registered for the meet (pay the meet surcharge and sign the meet waiver). Mixed relays consist of 2 Women and 2 Men. Co-mingling of FACT swimmers for relays is permitted, but will not be scored.

Entries: Swimmers must pre-enter by mail. Swimmers may swim a maximum of five (5) individual 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. E-mail confirmation of entry receipt will be provided if you indicate such on the entry form. Questions? Contact: Patty Nardozi (727) 343-5960 or pnardozi@hotmail.com

Deadline & Meet entries must be postmarked by **Tuesday, April 3, 2006**. Late entries received by mail **Scratches:** (postmarked after April 3), phone or e-mail after this date will be accepted with an additional \$10.00 fee until Friday, April 6. Scratches received **prior to April 10th – will be refunded in full**. Refunds for scratches **received on or after April 10th** will not include the Meet Surcharge.

Scoring & Awards will be given for each event. **Individual High Point** awards for 1st, 2nd and 3rd in all age **Awards:** groups will be given with a minimum of five events completed. **Team awards** for combined men and women 1st, 2nd and 3rd will be a donation to a recognized charity of their choice. Scoring 9-7-6-5-4-3-2-1 for individuals, double points for relays. Clubs and swimmers affiliated with **FACT** will swim as their chapter for this meet. i.e. SUN swims as SUN, SWIM as SWIM.

T-shirt: A commemorative meet T-shirt can be purchased for \$15.00 with your meet entry. Please enter the number & size(s) on your entry.

Psych sheet: Will be available on-line at www.stpetemasters.org or www.midnightsports.com by mid-week prior to the meet.

2007 SARASOTA Y SHARKS MASTERS
“Bumpy Jones Classic”
Long Course Meters T-Shirt Meet
Hosted by Sarasota YMCA SHARKS MASTERS
Sanctioned by the Florida LMSC for USMS, Inc #147-004
Meet Director: Rick Walker/Jay Lockaby

DATE & TIME: Saturday, June 9: warm-up at 10:00 AM meet begins at 11:00
Sunday, June 10: warm-up at 8:00 AM meet begins at 9:00 AM

FACILITY: The beautiful Sarasota YMCA Selby Aquatic Center, 8301 Potter Park Drive, Sarasota, Florida: an outdoor 50-meter x 25 yard pool. (<http://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 temp at optimum levels for competition. Directions to the pool? Here is the link: <http://www.sysharks.org/info/dir-selby.html>.

ELIGIBILITY: Current USMS rules will govern. All athletes 18 years of age and older as of June 9, 2007, and registered with USMS, Inc. Non U.S. citizens should have a letter of introduction from their own swimming association.

ENTRIES & FEES: 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. **NEW THIS YEAR:** Entry fees will be waived for all swimmers aged 80+ as of Dec. 31, 2007, and for Bumpy Jones. T-Shirts will be available to these people at a reduced price of \$10. Scratches will be accepted and full refunds made if notification is received on or before June 05, 2007. You must email staceyhowle@verizon.net or call 941-966-0432 to receive a refund. **Entries must be received by Wednesday May 30, 2007. Late entries will be accepted until June 4 for a \$5 surcharge. Contact Rick Walker at 941-346-7946 for procedure. Send entries to: STACEY HOWLE, 4666 Silent Creek Way, OSPREY, FL 34229. Phone 941-966-0432. Make check payable to SYSM. NO DECK ENTRIES..**

RELAYS: Relay teams may be deck entered at the meet both Saturday and Sunday. THERE WILL BE 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.

PARTY IN THE PARK: Join us for fun, food and music! Saturday from 4 p.m. until 7 p.m. (subject to change), 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. Sign up on the entry form below, all are welcome at our legendary party!

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, or who are 80+ years old by Dec. 31, 2007 will be able to purchase a T-Shirt at a reduced \$10. Mark your SIZE on the entry form below. Ribbons awarded 1-6th place.

ORDER OF EVENTS:

W/M Saturday June 9 11:00 AM

W/M Sunday June 10 9:00 AM

1/2 200 M BACKSTROKE

21/22 200 M BREASTSTROKE

3/4 100 M BREASTSTROKE

23/24 50 M BUTTERFLY

5/6 200 M FREESTYLE

25/26 100 M FREESTYLE

7/8 100 M BUTTERFLY

27/28 100 M BACKSTROKE

9/10 50 M FREESTYLE

29/30 200 M BUTTERFLY

11/12 200 M INDIVIDUAL MEDLEY

31/32 50 M BREASTSTROKE

13/14 50 M BACKSTROKE

33/34/35 800 M FREESTYLE RELAY

15/16/17 400 M MEDLEY RELAY

37/38 400 M INDIVIDUAL MEDLEY*

19/20 400 M FREESTYLE*

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

.....
Fill out the information below and CLIP this portion of the page and ATTACH to the Florida LMSC Consolidated Entry Form.

FEES: ENTER ONE DAY @\$30 = \$ _____

Fees for 80+ year olds = \$ 0

T-SHIRT (1) x \$10 = \$ _____ (one day or 80+ y.o. entrants only) **ATTACH A COPY OF YOUR S M L XL**

ENTER TWO DAYS @\$40 = \$ _____ (includes 1 FREE T-Shirt) **CURRENT USMS CARD HERE**

FREE T-SHIRT S M L XL

PARTY () x \$12.00 = \$ _____

Extra T-Shirt _____ x \$15 ea = \$ _____

S M L XL

Total: \$ _____

Hotel List for 2007 SARASOTA Y SHARKS MASTERS
"Bumpy Jones Classic"

Holiday Inn Express

Sarasota-Siesta Key Area

6600 S. Tamiami Trail

Sarasota, FL 34231

Hotel Front Desk: 1-941-924-4900

Hotel Fax: 1-941-923-7774

<http://www.ichotelsgroup.com/h/d/ex/1/en/hotel/SRQSK/at-a-glance>

Country Inn & Suites By Carlson

5730 Gantt Road (off Clark and I-75)

Sarasota, FL 34233

Reservations: (888) 201-1746

Telephone: (941) 925 0631

Fax: (941) 925-0752

<http://www.countryinns.com/>

Comfort Inn

5778 Clark Rd. (Clark Rd./I-75 exit 205)

Sarasota, FL, US 34233

Phone: (941) 921-7750

Fax: (941) 925-2474

<http://www.choicehotels.com>

Ramada Sarasota South

1660 S. Tamiami Trail

Osprey, FL 34229

Phone: 941-966-2121

<http://www.ramada.com>

FLORIDA

Local Masters Swimming Committee
8846 Mariposa Court
Naples, FL 34113