

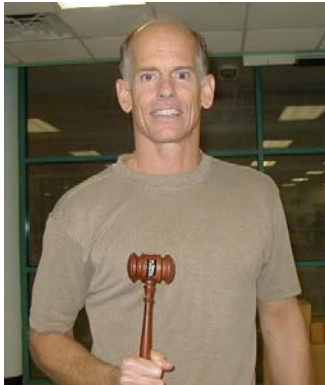
FLORIDA

Local Masters Swimming Committee
May 2007, Newsletter
Volume 24, Number 2



2007 Florida LMSC Seventh Annual Awards Banquet

The Florida LMSC celebrated their seventh annual awards banquet Saturday March 10th in the Long Center banquet room after a fantastic first day of the Sun Masters March Madness Invitational Swim Meet. March Madness hats were everywhere! Once again, the UPARC banquet center, headed by Terri Pageot Leclerc did an outstanding job and the food was terrific. Special thanks to Joannie Campbell for organizing the banquet facilities.



Our Florida Top Ten swimmers, in both pool and long distance, were honored. The top ten placement was determined by a point system of USMS Top Ten results for 2006. Special thanks to Sue Moucha, Livia Zien, and Margie Hutinger for their help in the awards determinations. Thanks also to Joannie Campbell and Meegan Wilson for ordering the awards and to Hasty Awards for a fine job! And a very, very special thanks to Tom and Missy Bliss for producing an outstanding Banquet Program. Before the awards presentation got started, Meegan presented Tom with a gavel to be used at future LMSC meetings. Thanks to Margie, Tom and Sue for presenting the awards. While many award recipients did not attend, their team members stepped up and accepted the award for them. We appreciate this team effort of making sure that all receive their recognition.

Most Valuable Pool Swimmers: Jean Troy, FMM and Frank Tillotson, FMM

Outstanding Women Pool Swimmers: 2nd - Florence Carr, SYSM; 3rd -Gertrud Zint, FMM; 4th - Bunny Cederlund, FACT; 5th- Doris Prokopi, FMM.

Outstanding Men Pool Swimmers: 2nd - Mark Drennen, SYSM; 3rd, a tie - Paul Hutinger, FMM & William Specht, SPM; 5th - Rick Walker, SYSM.



Top Ten Women Pool Swimmers: 6th - Sylvia Eisele, FACT; 7th - Joan Campbell, FACT; 8th - Margit Jebe, FACT; 9th - June Reynolds, FMM; 10th - Melissa Varlas, SYSM.

Top Ten Men Pool Swimmers: 6th - Adam Jerger, SPM; 7th - Robert MacDonald, FACT; 8th - a tie - Brud Cleaveland, FMM & Donald Puchalski, FACT; 10th - Gaylord Hopkins, FMM.

Most Valuable Long Distance Swimmers: Charlotte Petersen, SPM & Kern Davis, SPM



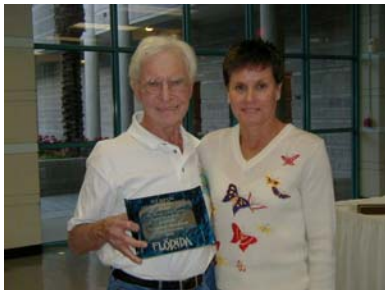
Outstanding Women Long Distance Swimmers: 2nd - Doris Prokopi, FMM; 3rd - Ruth Thompson, FMM; 4th, a tie - Patricia Bond, FMM & Joan Campbell, FACT; 5th, Laura Kaleel, SPM. **Outstanding Men Long Distance Swimmers:** 2nd - Robert Beach, SPM; 3rd - Brian Rimel, SPM; 4th - Forest McDaniel, SPM; 5th - Donald Puchalski, FACT.

Top Ten Women Long Distance Swimmers: 6th - Kate Knight-Perry, SPM; 7th - Flavia Zappa, SPM; 8th - Nancy Durstein, FACT; 9th - Sharon Salzman, SPM; 10th - Sandy Steer, SPM;

Top Ten Men Long Distance Swimmers: 6th - Ned Allen, SPM; 7th - Alex Ramirez-Miller, SPM; 8th - Richard Criche, FMM; 9th - Robert Blake, FMM; 10th - a tie - Douglas Brown, FACT & Frank Tillotson, FMM.



Other awards presented were the Leather Lung Awards presented to those individuals who swam all 18 events in either SCY or SCM or all 17 LCM events in sanctioned or recognized meets or who swam all 5 USMS postal championships in one calendar year. Award recipients were: Joan Campbell, FACT, for SCY & LCM; Flavia Zappa, SPM, for LCM & Postal; Sue Moucha, BLUE; Doris Prokopi, FMM; Ruth Thompson, FMM; and Robert Beach, SPM, for Postal.



The Florida LMSC honored Sue Moucha, Florida's first recipient of the Overcoming Adversity Award, by changing the name of the award to the Sue Moucha Overcoming Adversity Award. This year the award was presented to Gertrud Zint for inspiring others through Masters Swimming. Paul Hutinger accepted the award for Gertrud.

The Maverick Masters presented the Frank H. Tillotson Award to James Donnelly. Jim was the Florida LMSC newsletter editor for 5 years and received the prestigious USMS newsletter of the year award in 1998. Jim and Margie sported his T-shirt design for the 2007 USMS One Hour Postal Swim.



In appreciation for their years of service to the Florida LMSC, Tom Bliss presented Service Awards to Pat Tullman as Registrar, 2001-2006; Richard Brewer as Webmaster, 1999-2006; and Margie Hutinger as Records Chair, 1998-2006.

Corrections from the February Newsletter

G. Woodsum holds the 100 SCM freestyle record for men ages 50-54 years old with a time of 58.4 seconds. Also, in addition to winning the 6000 yard postal swim, Charlotte Petersen won the 3000 yard postal swim and 5K postal swim in her age division. My apologies to G. Woodsum and Charlotte Petersen. Congratulations to both of them on their victories!

From the Chairman's Desk

Dear FL LMSC Members,

At the time of writing this letter we are celebrating Easter. To me, this is one of the most exciting times of the year. Along with Easter eggs, bunnies, chicks and for most the embracing of the resurrection of Christ, it is a time of celebrating new beginnings. As a result of responses by club representatives to the survey that was conducted several weeks ago, we have some great ideas that will help expand our horizons. With the due date of this letter being required prior to our LMSC meeting in St. Pete, I will not be able to provide you with information about the business covered. However, I will share with you some of the things that are on the agenda.

Along with the regular reports we will be reviewing the housekeeping items on the voted in version of the bylaws from the October, Annual meeting. A tremendous amount of work was put into this product. It is important to keep in mind that bylaws by their very nature should not constantly be changed and need to be general enough to stand over time. Our aim in fine tuning our bylaws was never meant to do away with the old. Bylaws are foundational documents which represent and reflect the makeup of an organization. As much as we want to improve the FL LMSC we want to carry on from where we have come and move toward our future. Policy and procedures on the other hand are a dynamic and an ever changing document which directly affects and reflects the daily running of the organization. With that in mind we will form some new committees to beef up on our policies and procedure. If you are interested please feel free to

contact me.

Back at the beginning of February I sent out a survey to each of the club representatives to gather information to help shape the direction we will be heading in the next couple years. The responses were very useful and will be discussed at the LMSC meeting. Some the suggestions included more swim meets, different locations for the LMSC meetings, a state championship swim meet, and some alternate communication methods. Once these items are thoroughly reviewed we will select some new goals and objectives.

The USMS Convention this year will be held in Anaheim, CA at the end of September. Each year we have the opportunity of sending 4 delegates who represent our FL LMSC and have votes at convention. The exciting thing is that we have three individuals who have automatic delegate slots due to committees they serve on so we actually have 7 total representatives of our LMSC who attend. In previous years when our attendance was lower, there might be a special case where we would request approval from the USMS President to send an additional delegate. With the representation we have had in recent years it is not necessary.

In closing, I want to remind you that each year we have had our Annual Awards banquet at the Clearwater swim meet. This was a special time of fellowship, food, fun and recognition. If you missed it this year the winners/recipients are posted on our website as well as in this newsletter. I really want to encourage you to attend next year!

Serving,

Tom Bliss
Chairman, FL LMSC

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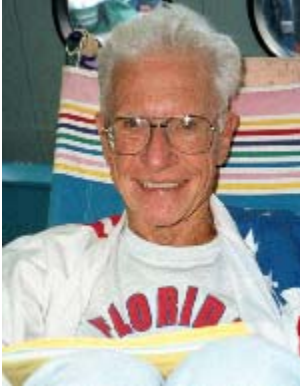
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The Florida LMSC newsletter is published quarterly in February, May, August, and November. Registered members of the Florida LMSC choose to receive the newsletter via email or postal mail. The Florida LMSC reserves the right to edit articles for appropriateness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

Ask the Swim Doctor



QUESTION: I like to swim 200's and 500's at meets. My friends tell me I should "swim the event" in practice. What are your suggestions to optimize my training for these events?

ANSWER: Prepare for meets and your events with broken swims. I know I sound like a broken record, but I firmly believe that these swims will enhance your training and lead to faster meet times. I have followed these examples for 37 years, and I owe my many successes to this type of training.

The following is an example for the 200 Free: Estimate your goal time for the next meet--3:00, or :45 per 50. Swim 4 x 50 @ 1:00, and pace your 50's for :45. This will give you :15 sec rest after each 50. To be more specific for your race, do a dive in (if it's permitted at your pool) on your first 50, giving you :40.

A more involved set would be:

1. 4 x 50 with 10 sec rest - rest 1 min
2. 4 x 50 with 20 sec rest - rest 1 min
3. 4 x 50 with 30 sec rest - rest 1 min

Try to hold your pace on all sets, taking several minutes between sets. You will have more rest as you do each set, to enable you to keep your pace. This will work for ALL strokes, distances and the IM's. If your times are faster, keep the same intervals, but decrease your pace; if you are slower, increase your pace, with the same intervals.

I've included some principles for you to follow, so you can design your own training program.

1. Train close to race speed. Use 1/4 to 1/2 your race distance. Ex: For your 200's, use 4 x 50s.
2. Specificity of training develops the energy system needed for your event. This important performance system is NOT developed in long, slow distance swimming.
3. Stroke timing and efficiency is enhanced and developed by quality work. Stroke timing and coordination change at different velocities.
4. The percent effort for each 50 of a 200 is about 80%, so training showed approximate this level of effort.
5. Distance per stroke can be maintained in a race if the training is similar to the racing speed.

Follow these principles and you will have a highly designed and productive training program.

You need to train at RACE SPEED in practice. You can best accomplish this with broken swims. Using a variety of rest intervals will help you train the different energy systems, which will enable you to have good meet performances.

This is an example of pace from the recent Clearwater meet. World Record holder, Jean Troy swam her 200 Free in 3:04. This was six seconds faster than the National Record in the 80-84 age group, which she will age up to, this year. Her splits were 42-45 (1:27 for the 100) then 48-49 for her final 3:04 time. Her broken swim training would enable her to drop a few seconds on her 3rd and 4th 50's. When you can do this in a race, each 50 will feel faster.

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 August newsletter submissions is **Monday, July 9, 2007. Information and photos should be sent to Flavia Zappa at wellingtoniv@hotmail.com. Whenever possible, please send submissions by email. Thank you.**

News from Around the LMSC

BLUE WAVE

Blue Wave swimmer Sue Moucha swam in the Ft. Lauderdale Masters Challenge, February 22-24. She swam 11 events, especially enjoying the 500, 1000, and 1650 Free -- the longer the distance the better!

Blue Wave swimmers Kimberly Sharp and Sue Moucha participated in the SUN Masters March Madness Invitational, March 10-11, Clearwater. Kimberly (30-34) finished strong in: 50 Breast--2nd, 200 Free and 100 IM--3rd. Sue (45-49) finished strong in: 200 IM-1st, 1000 and 500 Free-2nd. Sue also received 2nd place High Point in her respective age group.

Sue would like to thank everyone for naming the Florida LMSC Overcoming Adversity Award in her honor. The respect I receive is extremely meaningful.



FACT

Our FACT group continues to perform well at all the local meets, in most cases representing their chapters and continuing to field some top quality relays when the opportunity is there. In the 1-Hour Postal Swim Joan Campbell and Don Puchalski were National Champions and hence All American honors – Joan in the 75-79 age group and Don in the 65-69 group. The 75+ women's relay of Sylvia Eisele, Joan and Nancy Durstein took All-American honors as well. Other noteworthy performances were Nancy Durstein, 4th, Martha Henderson 5th, Edna Gordon 3rd and Sylvia Eisele 7th. Our 18+ relays took 4th in the women and the Mixed. The 65+ Mixed Relay and the men 65+ took 3rd. All in all a good showing for 31 participants. We

were 14th of the Large Clubs with over 100,000 combined yards. We have a hard time competing against those who field well over 50 swimmers and with our numbers we should be up there!! How about more participants next year!!

While we're on the communications subject – if you're going to be in Tacoma in May SCY Nationals, contact coachjoeb@knology.net. Don Puchalski will be there and the two “communicators” can get some relays together. I'm choosing the LCM at The Woodlands in August and will do the same there.

The local meets at Countryside CC and SUN Masters March Madness Meet saw some great swims by many of our FACT members competing locally as Chapters. The same scenario will take place at the St Pete Meet next weekend. Many of our FACT members were honored at the Awards Banquet held at the Long Center Saturday evening of the March meet. The buffet dinner is always good and the awards were outstanding. PLEASE more people make a genuine effort to attend next year – along with honoring all the outstanding performances of our fellow team members, it's an opportunity to do some serious “aquaquacking”!

It has come to my attention that there seems to be information being bantered about that was created by a misunderstanding of rules involving the original formation of the Florida Aquatic Combined Team. At the time of inception many scenarios were carefully considered, one of which was that an entire Club should be required to be registered as FACT. In October, 2003, at our organizing meeting the conclusions were that, although this requirement would make it simpler for record keeping, as Masters we all have a choice and the choice is up to the individual. Many felt that they would not compete as swimmers and were simply a member of the Club for fitness, etc. As a Club, we felt that those that had any inkling of competing should join FACT so that they could be on relays – local, nationally or otherwise. Others were left with the original Club and we registered our Club with the LMSC so that the name was perpetuated. As it evolved our Club always had a vote as did the entire FACT club. Eventually we registered our Club as always but the membership just found it easier to all belong to FACT and because we were a registered LMSC club our vote was counted. We have returned to the original idea for non-competing Club members because of recent changes in the rules.

The purpose of the Combined Team was to be competitive at the National, Regional and World level – to avoid the many groups of 6, 8 or even 12 swimmers who find themselves without the opportunity to join with other Floridians because of age group or gender mismatches. This has been very successful. However, it was also the purpose to provide an opportunity for the small teams in our LMSC to combine at local meets to form relays and to have an opportunity to form a congenial group that enjoyed the camaraderie of “belonging” even though they were perhaps the only swimmer there from their team. This has been less successful because of the current misunderstanding. Next time you are at a local meet, let your FACT representative know that you're interested in a relay with other members. It won't count as team points but as a FACT relay you'll have fun and meet other Combined Team members and who knows, you may be a Top Ten or Five LMSC or National relay – stranger things have happened!!



Bunny Cederlund Space Coast (FACT) with an LMSC Outstanding Woman Pool Swimmer Award



Bunny Cederlund and her LMSC award with some of her Space Coast (FACT) swimmers

Top Row (L to R): Lester Bell, Dick Van Horn, Sue McGaughey, Bob Sigersmith, Angie Sinacore, John Sinacore

Bottom Row (L to R): Martha Henderson, Bunny, Herb Delgado



FLORIDA MAVERICK MASTERS

ONE HOUR POSTAL - 2007 was the 2nd time that the Mavericks successfully hosted the One Hour Postal Meet. Both times we had over 2000 entries. Hosting the One Hour Postal requires a tremendous amount of organization and effort from many volunteers to be successful. It's not only about making money, but more importantly, the contribution our team is making for Masters swimming. There are very few clubs that are capable of organizing and fulfilling the responsibilities of this overwhelming National event. Since this venture was a team effort, we applaud all the efforts of the Mavericks who contributed their volunteer hours. No matter how trivial the contribution may have seemed, it was important to the total

effort.

For thirty years, Masters swimmers all over the country have joined in the annual January ritual of swimming for an hour. Twenty-nine Mavericks participated in this rite of passage into the new year, and swam a team record total of 81, 395 yards.

Winning isn't always about swimming the farthest, but your own definition of triumph. Edna Gordon, 80, Sarasota, expressed her sentiments, which echoed the thoughts of many of this years' swimmers, "Do the best you can, with whatever you have." To accomplish great things, one must not only dream, but act.

MARCH MADNESS MEET, CLEARWATER - Once again, the Mavericks were ready to take on all challengers and defend their team championships, for the third year. When the last swimmer left the pool, the showers were over, and the final scores were announced, the Mavericks once again prevailed as meet champions.

FL LMSC AWARDS - The annual FL LMSC awards dinner followed the meet on Saturday. Sixteen different Mavericks received one of the special awards.

Most Valuable Pool Swimmers - Jean Troy and Frank Tillotson. Other FL LMSC Top Ten winners included Gertrud Zint & P. Hutinger, 3rd; Prokopi, 5th; Brud Cleaveland, 8th; Reynolds, 9th and Hopkins, 10th.

Long Distance Swimmers - Prokopi, 2nd; Thompson, 3rd; Bond, 4th; Richard Criche, 8th; Robert Blake, 9th and Tillotson, 10th.

Leather Lung Award winners for swimming all five postal events were Prokopi and Thompson.

Gertrud Zint won the Sue Moucha Award for overcoming adversity while pursuing swimming. Richard Criche was another nominee.

The Mavericks presented the Frank H Tillotson Award, which is a FL LMSC Service Award, to James Donnelly, Sarasota, for his many contributions to Masters swimming, including the two designs for the OHP t-shirt for the Mavericks.

Tullman, Registrar, and M. Hutinger, Top Ten Recorder, were presented with plaques of appreciation for their many years of service to the LMSC.

TROY BREAKS THREE WORLD RECORDS - Jean Troy journeyed north to N. Bethesda, MD, for an SCM meet, 3/24. All of her hard work and training paid off, as she set three World Records, in her new 80-84 age group. 200 m Free - 3:26.52; 100 m IM - 1:56.65 and 200 m IM - 4:07.66.

Paul Hutinger, Club Representative

ST. PETE MASTERS

St. Pete Masters News

Spring is in the air, by the time this is published, St. Pete will have hosted its 37th Annual Short Course Yards Championships. For those of you who attended ~ Thank You! For those of you who missed the meet, we are hosting our Summer Long Course Meet on July 14th and 15th. We have adopted a new format. NO FRIDAY night 1500 Free. We will run the 1500 Free on Saturday morning (limited entries) and then the rest of the meet. We are leaving out the 400 Free and 400 IM in hope of encouraging people to also attend the other LCM meets this summer in Sarasota and Brandon.

As for what has been going on...

In January, St. Pete had 59 swimmers compete in the Hour Swim hosted by the Mavericks. The highlight was the swim of Robert Margalis, who set the Postal record for his age group, completing more than 6,000 yards and holding sub 60 second 100's through out the swim. It was also the most yardage anyone has ever completed for any age group in the event. Another remarkable swim was Peter Betzer's 1 hour of 400 IM's. Our SPM swimmers recorded many yards and as usual the aftermath of the swim included much grumbling about not doing it again in 2008. I assure you that most of us will be back next year giving it another try.

If you don't know about Robert Margalis, he recently joined SPM. He has been swimming for St. Pete Aquatics and is a 2008 Beijing Olympic hopeful. In early March, at a Senior Meet at the Long Center he set the American Record for the 1000 yard Free. Charlotte Petersen and Ted Bradley also swam a couple events at the meet, all recoding new SPM Team records. At Senior Nationals, last month in New York, Robert won many of his events and recorded Olympic Trial cut times in all of them.

That's it from North Shore Pool in St. Petersburg, Florida.



Swimmers warming-up during the recent St. Pete Meet



Swimmers in the Mixed 200 Yard Medley Relay during the recent St. Pete Meet

SARASOTA YMCA SHARKS MASTERS

The focus for our training all year was the YMCA Nationals held in Indianapolis April 12-15. The swimmers did not disappoint as the Sarasota YMCA Sharks Masters won their first combined team title.

Sarasota outscored the hometown Arthur Jordan Y 3,894 to 3,421. The Men's team won over Jordan 1,971 to 1,434 to add to their titles in 2003 and 2006. After finishing fourth last year in Ft. Lauderdale the Women finished a strong second only 150 points behind Jordan. Despite cold temperatures outside, the Sharks burned up the fast pool setting 22 new YMCA records led by Sylvia Buxton and Mark Drennen with three each. YMCA relay records were not safe either as 13 new standards were set. Aside from the swimming, a great time was had by all in this most fun of swim meets. Next years Y Nationals has been set for Ft. Lauderdale May 15-18.

The Hurricane Man is next on the agenda as we plan our annual bus trip over the Skyway. Thirty or so Sharks will join in the fun of this great open water event.

All swimmers are invited to attend our BUMPY JONES CLASSIC June 9/10 in Sarasota. We hope to put on a great meet in this first Long Course competition of the season. Swimmers entering both days will receive a free meet t-shirt, and new this year, swimmers 80 and up as of Dec.31 will pay no entry fees! Please join us for this fun weekend.

SUNCOAST SWIMFIT MASTERS CLEARWATER YMCA BRANCH

The Suncoast SwimFit Masters Clearwater YMCA Branch is now being coached by Jennifer Catucci-Crowther. After a short break in coaching due to the birth of her new little girl Cassidy, this former Clearwater Aquatic Team coach is embracing the swimming community once again offering a new and positive experience with her new team SwimFit Masters Team. Starting her swimming career as a Master swimmer, she soon qualified numerous times for Ironman Hawaii as well as the Boston Marathon. Her experiences have made her love of coaching the foundation of all she does. Her weekly practices are offered mornings, mid days and evenings as well as open water Saturday AM swims. For info about joining or visiting and enjoying all the camaraderie that being a master is all about, contact Coach Jenny via email at goodgirl49@ix.netcom.com.

THE VILLAGES AQUATIC SWIM TEAM

The Villages Aquatic Swim Team Breaks Records

Several Polk Senior Games swimming records were broken at the competition held in Lakeland on February 24 & 25. Of the 57 records broken, members of The Villages Aquatic Swim Team (VAST) broke 12 of them. Nate Leech set 5 new Polk Senior Games records, Patrice Hurr set 4, Gordon Ralph set 2 and John Cornell set 1 new record. In the 2 day competition at the Lakeland Family YMCA, VAST members took home a total of 102 medals - 31 gold, 43 silver and 28 bronze.



VAST members - Sunday at the Polk Senior Games in Lakeland

Front L to R: Ellen Brown, Jan Mellberg, Kathy Tittle, Gloria Galbreath, Gigi Hubbard, JoJo Gutfran, Shirley Fishlock, Rae Suttie, Susan Schuerman and Gordon Ralph.

Back L to R: Nate Leech, Bill Cleary, Don Arndt, Merry Evans, Joyce Hutchinson, Martha Pfeifer, Crew Chartrand, Anne Talbot, John Cornell, Joe Neal, Bob Mraovich and Jim Dee.

SWIMMING TRIVIA

Questions

1. *How many medals did Michael Phelps win in the 2004 Summer Olympics?*
2. *What four-time Olympian was at the recent St. Pete Meet?*
3. *Who was the first person to have her entry in for the January 2007 One Hour Postal National Championship? (Hint: She has the same last name as a famous movie character).*

(Answers on page 14).

Please keep Dave Parcels and his family and friends in your thoughts. Dave, a marathon swimmer, passed away recently.

Happy Birthday and Anniversary to all Masters swimmers celebrating in May, June, and July!

If you compete in postal national championships, open water national championships, or meets outside of the Florida LMSC, please send your results to Livia Zien at livia@alum.mit.edu. Thank you.

Upcoming Events

Long Course Meters

Jun. 2 Classic City Invitational; Athens, GA; University of Georgia

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.*

June 10 June Krauser Summer Splash I; Ft. Lauderdale, FL; Ft. Lauderdale Aquatic Complex

June 16 Water Spider Invitational; Panama City, FL; Frank Brown Park Pool

Jul. 8 June Krauser Summer Splash II; Ft. Lauderdale, FL; Ft. Lauderdale Aquatic Complex

Jul. 14-15 St. Pete Masters Long Course Championships; St. Petersburg, FL; North Shore Pool

Aug. 10-13 USMS National LCM Championships; The Woodlands, TX; The Woodlands Athletic Center

Aug. 25 Blue Wave Masters Swim Meet; Brandon, FL; Brandon Sports and Aquatic Center

Short Course Yards

Jun. 2-3 The Villages Senior Games; The Villages, FL; *Senior Games for 50+*. *This is a qualifying meet for the Florida State Senior Games in December. This event is USMS recognized.*

Oct. 13 Central Florida Marlins Masters Fall Splash; Ocala, FL; Newton A. Perry Aquatic Center

Open Water/Postal

May 15-Sept. 15 USMS 5/10K Postal National Championships; Hosted by Masters of South Texas; Please contact Susan Ingraham at aquatex101@aol.com.

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.*

Sept. 15-Nov. 15 USMS 3000/6000 Postal National Championship; Hosted by Sawtooth Masters; Please contact Dee Turner at dd@bigskytel.com.

Top 5s

Please visit <http://www.floridalmisc.org>. The Top 5s in LCM and SCY are now posted. Also, please visit <http://www.dixiezone.org> to view Dixie Zone SCY records. Thank you.

SWIMMING TRIVIA

Answers

1. 8 total. 6 gold (400 m IM, 200 m butterfly, 4x200 m freestyle relay, 200 m IM, 100 m butterfly, 4x100 m medley relay) 2 bronze (4x100 m freestyle relay, 200 m freestyle)

2. Dara Torres (GOLD)

3. Pat Bond (FMM)

Sources: Wikipedia, <http://www.michaelphelps.com>, SPM Psych Sheets Apr. 13-15, 2007, and One Hour Postal National Championship Results 2007

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.

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 price of \$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.

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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: \$_____

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/SROSK/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>

**St. Pete Masters Long Course Swimming Championships
July 14 and 15, 2007**

Sanctioned by: Florida LMSC for USMS, Inc. Sanction #: 147-014

Date & Time	Saturday, July 14th: 1500 Free Warm-up: 7:30 am; Swim: 8:00 am. Saturday, July 14th Warm-up: 10:30am; Swim: 11:00 am Sunday July 15th: Warm-up: 8:00 am; Swim: 9:00 am
Facility	North Shore Pool is located at 901 North Shore Drive, NE. Ten lanes will be seeded for the 1500 Free and 8 to 10 competition lanes will be seeded for all other events. Colorado Timing with hand-held watches will be used. Warm up for the 1500 Free will be available in the 25yd x 25m pool prior to public swim. If 10 lanes are used for other events, warm up will be available in the 25yd x 25m pool. If 8 lanes are used, there will be a segregated warm up lane in the competition pool.
Eligibility & Rules	Open to all registered MASTERS, age 18 years and older. Meet age is your age on December 31, 2007. <u>A copy of your 2007 USMS Card MUST be attached to the entry form.</u> 2007 USMS rules govern.
Entries	Swimmers may enter five (5) events per day PLUS relays. Cost per event is \$2.50. Cost per relay is \$5.00. There is a \$15 meet surcharge for all swimmers. Make check or money order payable to: St. Pete Masters Mail Entries to: Patty Nardozzi ~ 6346 27 th Avenue North ~ St. Pete, FL 33710 Questions? Contact Patty at: (727) 343-5960 or pnardozzi@hotmail.com
Deadline & Scratches	Meet entries must be RECEIVED BY JULY 6th. If you are unable to attend, contact Patty Nardozzi no later than July 11th and your money will be refunded in full.
Seeding	Check in required for the 1500 m Free. Entries will be seeded by time, slowest to fastest, except the 1500 Free will be seeded Fast to Slow on Saturday morning. The 800 m. Free split will be submitted for all swimmers completing the 1500 m. Free and recording an electronic split at the 800 m. mark. The 1500 m. Free is limited to the first 40 entrants (4 heats of 10 swimmers).
Relays	Relays will be deck entered and seeded prior to each race. All relay swimmers must be registered with the meet; sign the meet waiver and pay the meet surcharge. Mixed relays consist of 2 Women and 2 Men. Co-mingling of FACT swimmers for relays is permitted, but will not be scored.
Awards & Scoring	Awards will be given for each event. Individual High Point awards for 1 st , 2 nd & 3 rd in each age group will be given with a minimum of five events completed. Scoring: 9-7-6-5-4-3-2-1 pts for individual events. Clubs and swimmers affiliated with FACT will swim as their chapter for this meet.
Heat Sheet & Results	A heat sheet will be provided for each entrant. One copy of the results will be provided to each team free of charge; additional copies may be ordered on the entry form or at the meet for \$7.00 per copy. Results for the 800 Free will be submitted for Top Ten consideration, provided the competitor records a split and completes the 1500m Free.

Order of Events	Saturday: 8:00 am		Saturday: 11:00 am		Sunday: 9:00 am	
	<u>W/M</u>	<u>Event</u>	<u>W/M</u>	<u>Event</u>	<u>W/M</u>	<u>Event</u>
	1 / 2	1500 m. Free (mixed seeding by time ~ 4 heats of 10 swimmers)	3 / 4	200 m. Mxd Medley Relay	21 / 22	200 m. Mxd Free Relay
			5 / 6	200 m. Back	23 / 24	200 m. Free
			7 / 8	100 m. Free	25 / 26	50 m. Breast
			9 / 10	50 m. Fly	27 / 28	100 m. Fly
			11 / 12	200 m. Medley Relay	29 / 30	200 m. Free Relay
			13 / 14	100 m. Breast	31 / 32	200 m. Breast
			15 / 16	200 m. Fly	33 / 34	100 m. Back
			17 / 18	200 m. I.M.	35 / 36	50 m. Free
			19 / 20	50 m. Back		

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

To enter meet complete and return meet entry form provided.

Mail Entry Form, check payable to **St. Pete Masters** and a copy of your 2007 USMS card to:

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

**St. Pete Masters Long Course Swimming Championships
July 14 and 15, 2007**

Sanctioned by: Florida LMSC for USMS, Inc. Sanction #: 147-014

Last Name (as on 2007 USMS card): _____ **First** _____ **MI** _____

2007 USMS number _____ - _____ **Gender** (circle) Male _____ Female _____

Date of Birth (mm/dd/yy): _____ **Age** (as of 12/31/07): _____

Club Name: _____ **Club Abbreviation:** _____

Street Address: _____ **City** _____ **State** _____ **ZIP** _____

E-Mail Address (neatly): _____ **Phone:** _____ - _____ - _____

Meet Entry Times

(Swimmers may enter no more than 5 individual events per day of meet)

Event #	Saturday, July 14th	Entry Time	Event #	Event	Entry Time
1 / 2	1500 m. Free ** Limited to 1 st 40 entrants				
	Saturday, July 14th			Sunday, July 15th	
3 / 4	200 Mxd Medley Relay	***** *	21 / 22	200 Mxd Free Relay	*****
5 / 6	200 m. Back		23 / 24	200 m. Free	
7 / 8	100 m. Free		25 / 26	50 m. Breast	
9 / 10	50 m. Fly		27 / 28	100 m. Fly	
11 / 12	200 m. Medley Relay	***** *	29 / 30	200 m. Free Relay	*****
13 / 14	100 m. Breast		31 / 32	200 m. Breast	
15 / 16	200 m. Fly		33 / 34	100 m. Back	
17 / 18	200 m. IM		35 / 36	50 m. Free	
19 / 20	50 m. Back		37 / 38		

BRANDON BLUE WAVE MASTERS SWIM MEET
Saturday, August 25, 2007

SANCTIONED BY: Florida LMSC for USMS, Inc—Sanction #147-010
SPONSORED BY: Brandon Blue Wave Masters
TYPE OF MEET: Long Course Meters, Stopwatch timing device
LOCATION: Brandon Sports and Aquatic Center
405 Beverly Blvd.
Brandon, Florida 33511
Phone: 813/689-0908, ext.19

DATE AND TIME: Saturday, August 25, 2007. Warm-up at 8:00 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 & RULES: Open to all Masters, age 18 & older. Entrants must have a 2007 USMS Registration Card or Foreign Equivalent. 2007 USMS Rules will govern the Meet. Meet age is your age on December 31, 2007.

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 of Registration Card attached. All forms must be completed in full, signed, and returned with payment in full for each swimmer.
ENTRY FEE: \$10.00 Swimming Fee.
\$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, Wednesday, August 15, 2007.
MAIL ENTRIES TO: Brandon Sports and Aquatic Center
Attn: Sue Moucha
405 Beverly Blvd.
Brandon, Florida 33511

FOOD: Snacks will be provided.
QUESTIONS: Contact Sue Moucha at Brandon Sports and Aquatic Center at 813/689-0908, ext.19. E-MAIL: jbmoucha@aol.com

ORDER OF EVENTS:

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
9-10 100 Back	19 4x100 Free Relay (Women, Men OR Mixed)
	20 800 Free***

The 800 Free will combine Women & Men, seeded Fastest to Slowest.
***CHECK IN REQUIRED

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

Fees: Meet surcharge.....= \$ 10.00
events (___) x \$2.50.....= \$
Deck entry (___) x \$5.....= \$
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 CURRENT USMS CARD HERE. BE SURE TO SIGN AND DATE THE ENTRY FORM.

Florida LMSC Consolidated Entry Form

Name _____ male female USMS # _____

Birthdate ___/___/___ Age _____ (SCY is your age on the last day of the meet; LCM and SCM are your age on December 31)

Club _____ Phone (____) _____ e-mail _____

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

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

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

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

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

PLEASE SIGN AND DATE _____

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

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

FLORIDA

Local Masters Swimming Committee
8846 Mariposa Court
Naples, FL 34113