

# FLORIDA

Local Masters Swimming Committee

August 2007, Newsletter

Volume 24, Number 3

## FLORIDA LMSC SWIMMERS EARN HIGH MARKS AT SCY NATIONALS

The Short Course Yards (SCY) Championships were held at Weyerhaeuser King County Aquatic Center in Federal Way, WA from May 17-20, 2007. Nine swimmers from six teams participated. Flo Carr (SYSM) placed first in four events: the 50 yard freestyle, the 50 yard breaststroke, the 50 yard butterfly, and the 100 yard IM, and the Florida LMSC brought home eight gold medals, thirteen silver medals, and four bronze medals!

Other noteworthy performances included a third in the 200 yard freestyle and a second in the 1650 yard freestyle by Pat Tullman (FMM). Donald Puchalski (FACT) placed fourth in the 500 yard freestyle. D. Scott Wells (FACT) won second place in the 100 and 500 yard freestyle and third place in the 200 yard freestyle.

In the backstroke events Bill Specht (SPM) placed fifth in the 50 yard backstroke, first in the 100 yard backstroke (with an impressive time of 57.19!), and second in the 200 yard backstroke. Pat Tullman won second place in the 100 yard backstroke, and Donald Puchalski won second place in the 50 yard backstroke.



Bill Specht (SPM) at the St. Pete Meet on July 14, 2007

Many Florida LMSC swimmers entered the breaststroke events. In the 50 yard breaststroke, Donald Puchalski placed second, Charles Kilbourne (FACT) placed seventh, and Margit Jebe (SMFA) placed third. Donald Puchalski won sixth place in the 100 yard breaststroke while Margit Jebe won first place. In the 200 yard breaststroke, Fred Wakelin (SWFA) won eighth place, and Margit Jebe won second place.

Bill Specht placed second in the 50, 100, and 200 meter butterfly. In the 100 meter butterfly, Margit Jebe won first place and D. Scott Wells won eighth place. Other noteworthy performances included a fourth in the 50 meter butterfly and a sixth in the 200 meter butterfly by Charles Kilbourne and a first in the 100 meter butterfly and a second in the 200 meter butterfly by Pat Tullman.

Margit Jebe won third place in the 100 meter IM and second place in the 200 meter IM, and Donald Puchalski won sixth place in the 100 meter IM. Grant Inman (ACTT) captured eighth place in the 200 IM and sixth place in the 400 IM.

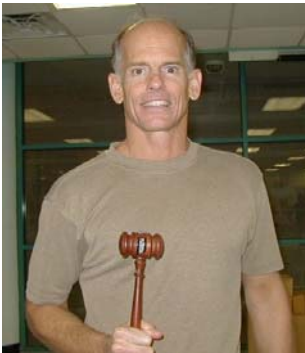


Pat Tullman (FMM)

The team results were as follows: ACTT - 114<sup>th</sup> place, FACT - 60<sup>th</sup> place, FMM - 81<sup>st</sup> place, SPM - 79<sup>th</sup> place, SWFA - 74<sup>th</sup> place, and SYSM - 83<sup>rd</sup> place.

Thank you and congratulations to this group of Florida LMSC swimmers on their victories at the SCY Nationals! We appreciate your traveling all the way to Federal Way, Washington to represent us!

#### **From the Chairman's Desk**



Dear FL LMSC Members,

A few months ago I sent a survey out to each of the designated club representatives for each team. The purpose of the survey was to allow clubs to voice their opinion in several areas which provides the direction we as an LMSC will take in the future. Hopefully your club representative contacted you to get your feedback (that was the directive which I stated to them) as they compiled their responses back to me. This way the club representative's responses would be a representation of you and your team – as you can see the club representative is a critical communication agent for each club (I will be discussing this further in this letter). The balance of this letter will cover some of the survey points and focus on the significance of club representatives.

**The survey was sent out to almost 40 club representatives** to get feedback on information that would/will be helpful to individual clubs as well as the entire FL LMSC. **There were only 8 club representatives who provided responses back to me after several reminders.** To be honest the lack of

participation was discouraging. The participation at LMSC meetings is between 10 and 20 which is not much better than the survey submittals. Responses of many who submitted their survey answers indicated the desire for more club representatives to be involved with the LMSC as well. With that in mind I am asking you to tell me what I/we can do to facilitate more of the involvement by your club representatives. **One thing that I would like to ask is if a club rep CANNOT take time in their capacity, that your team considers finding a replacement that can. This position is the critical link that keeps your club a dynamic part of where our organization will be going in the future.** We will be developing a job description for the club representative in the near future and teams need to identify an individual who is willing and capable of fulfilling the duties of this position.

**One of the survey requests was that of having a state championship meet for each of the courses.** As a result, I have discussed this idea with Debbie Cavanaugh (the Gold Coast LMSC Chair and Dixie Zone Chair) and some of our current meet directors. The concept/idea has been well received. In regards to running meets in general, a survey responder requested that an effort be made to solicit meet support volunteers. Volunteers would assist in primarily timing. These are just two areas which we will be looking more closely at as we aim to improve the running of our LMSC.

**A survey topic which was noted by more than one responder was that of having more meets and to conduct the LMSC meetings in a central location.** I am happy that I have been able to accomplish both of these with the addition of the Orlando meet back to the Dixie Zone calendar. **In support of centralization, our next meeting is scheduled on Saturday, August 4th at the Orlando LCM Meet.**

With communication being an area which can always be improved upon, I will make it a point to try to communicate more often with club representatives. A letter similar to the one that you are currently reading was sent with additional information which hopefully your club reps have passed on to you. From time-to-time they will receive news clips to keep them and you better informed. If your club representative's email address should ever change, the updated address should be provided as quickly as possible.

**Earlier I notified Club Reps of the resignation of Livia, our Top Ten Coordinator, and as a result we have an interim Top Ten Coordinator... Marly Wilson.** Livia has some personal issues and will need to step down from her responsibilities in October.

**Please mark your calendars and encourage your club representative to make it a priority to be at the next FL LMSC meeting in Orlando on August 4th.** I look forward to seeing you there! If your club rep cannot attend, please appoint another representative. We will be forming committees as we focus on building our policies and procedures. This will be your opportunity to help solidify our organization. **As an incentive to get your club representative to the meeting we will be providing food and a time to socialize after the meeting. In addition, we will be conducting a drawing for a gift card to be awarded to a team representative in attendance.** My plan is to make our meetings attractive as your club representative's attendance becomes more critical.

Yours in the Water,

Tom Bliss  
Chair, FL LMSC

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

### **FROM THE OFFICIALS' CHAIR**

Some swimmers get annoyed or are upset when an official asks them to do something. There usually is a good reason for the request. Meets are run by the referee according to meet information letter.

The timers are asked to be seated at the start of an event. This is so that they can see the strobe light to start their watches. Only the swimmer in the event should be in front of the chairs. All others should be behind the chairs. This includes the official at the start end. After the start the swimmer in the next event or the second swimmer on a relay may go up to the blocks. Please don't do your stretching at the block. The timers and the official have to get to the edge of the pool to see the finish. Some of the older swimmers need help getting to the blocks. This is allowed. Swimmers don't have to start on the blocks. You may start at the edge of the pool or in the water.

Another disturbing thing is a person being late for their event. The other swimmers in the heat are already on the blocks. If you have a teammate who is always late assign someone to guide him or her to the heat on time. It's not fair to the other swimmers. The referee may disqualify the swimmer for delay of the meet.

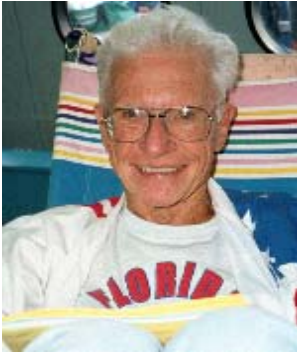
About disqualifications (DQ's). If you are disqualified the official at the start end will usually tell you that you were disqualified. You will also be told the reason you were disqualified. If you don't understand the DQ take what you were told to your coach and he could explain it to you. Usually the official telling you did not make the call, but got it from the official on the other end. Officials are there to make sure the meet is run fairly. If you get DQ'ed the official doesn't want to be hearing from your partner in the stands. Quite often in kids' meets the coaches want us to DQ a swimmer because they do in practice. So if you get DQ'ed find out why and make the necessary corrections so you don't do it again.

To run a meet you must have at least two officials. For a large meet you cannot have a fair meet with only two officials. If you're a swimmer and your partner doesn't swim ask them to become an official. If your children swim their team needs officials. Become an official and you won't have to sit in the stands. Email me and I will tell you how to do it. I've written a few things about how a meet is run. I would like to hear from you if you have any suggestions as to what I should write about.

## **A WORD FROM DICK BREWER**

Would any coaches, club reps, or individuals who wish to be added to an email list for notices about meet information and results in the Florida and Florida Gold Coast LMSCs please send an email with their email address to [rdbrewer@gmail.com](mailto:rdbrewer@gmail.com)? And anyone currently on the list who wishes to be removed, please send an email to that address with a name, email address, and the message, "Please remove me from the meets list."

### **Ask the Swim Doctor**



**QUESTION:** I've had several rotator cuff injuries. What can I do to keep training when I have persistent pain in my shoulder?

**ANSWER:** You can verify rotator cuff injury with this simple test: stand, arm against your side; bend forearm at 90 degrees; resist a force on your hand, inward and outward. A weakness in movement will indicate rotator cuff injury.

The most important muscles for the swimmer, and the most overused, involve the rotator cuff. These are a group of muscles and tendons that help hold the head of the humerus (upper arm bone) in the shallow socket in the scapula (shoulder blade). There are no strong ligaments to do the job. The tendons of the rotator cuff pass under the bony arch of the acromion (outer tip of the shoulder). The muscles and tendons can get pinched under the acromion arch, especially with poor stroke mechanics. Other swimming injuries can occur from overwork and old injuries to the shoulder and arm.

The rotator cuff is primarily four muscles (subscapularis, infraspinatus, supraspinatus, and teres minor) and their tendons. It stabilizes the upper arm in the shoulder socket and allows a great range of motion. Rotator cuff pain is caused by an "impingement syndrome." This is because exertion or overuse causes a compression of tendons by the shoulder bone, resulting in tears and/or inflammation. Bursa are fluid-filled sacs that protect muscles and tendons from irritation by the bone. A shoulder problem of tendonitis or bursitis may be a result.

- Use ice before and after practice. Invest in a commercial fabric bag or cold compress that is reusable, and keep in the freezer (Check your local drug store.) Use 10 min on and 10 min off, several times a day. Also, freeze water in small paper cups, or use ice cubes. Apply ice directly to the site, by continuously moving it. Do this no longer than 5 minutes at a time.
- Change the strokes you use in training or competition. At LC Nationals one year, I had to change from my usual fly and IM events to the three breast strokes.

- Use swim fins for all your training, and do more kicking. A national record holder used this approach over ten years ago. Unable to do any training because of neck and shoulder problems, she implemented fin training for the entire season. She made the switch to regular swimming several weeks before Nationals and swam some of her best times. Use more kicking -- do sets of repeats and TIME them. Heart rates of 150-160 or at the anaerobic threshold and VO2 race speed, for your age, should be part of your kick training.
- Use stretching and flexibility exercises to keep your range of motion.
- Strengthen the rotator cuff with special exercises for the muscles involved. Since the rotator cuff muscles are small, you only need to use 2# to 5# weights. The emphasis should be on a high number of repeats, such as three sets of 25 repeats.
- Use aspirin, ibuprofen, or naproxen as an anti-inflammatory.
- If the pain persists, see your physician. He may refer you to an RPT. Extreme problems may need surgery, as a last resort.

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 November newsletter submissions is **Tuesday, October 9, 2007**. **Information and photos should be sent to Flavia Zappa at [wellingtoniv@hotmail.com](mailto:wellingtoniv@hotmail.com) and [Wellingtonrex@aol.com](mailto:Wellingtonrex@aol.com). Please send submissions by email only. Thank you.**

### **News from Around the LMSC**

#### **BLUE WAVE**

Blue Wave Masters swimmer Sue Moucha participated in the St. Pete Masters Short Course Yards Championships, April 13-15.

Sue swam 11 events, especially enjoying the 1650 and 500 free. All her Backstroke events were superb! Sue was especially excited when she received First Place High Point in her respective age group (45-49 female).

Blue Wave swimmers Liz Lehr, Sue Moucha and Dennis Kestler took on the 2.4 mile Hurricane Man Open Water Swim, May 5. Liz's first time swimming that distance earned her a 5th Place (45-49 female). Dennis came home with a 4th Place finish (60-64 male). Sue had a great swim to make her day. All three are ready for next year!

Sue Moucha was the only Blue Wave Masters to participate in the Bumpy Jones Swim Meet, June 9-10 in Sarasota. She went 10 for 10 events, especially enjoying the 400 Free and all her Backstrokes. Saturday's weather was great, while Sunday's was just plain too hot!

Blue Wave hopes to see you at their Swim Meet, August 25!



## **FACT**

**By Joan Campbell**

Short Course Nationals were held May 17 – 20 in Tacoma, Washington with just three of our team represented. This isn't an unusual situation when we have to travel to the West Coast but it kind of makes you wonder what motivates teams like Colorado Masters to bring a contingent so large that they capture championships on the east coast. Their team comprises many, many clubs throughout the state and knowing many of their competitors I marvel at their cohesiveness.

Getting back to our SCY, our team of three, Charlie Kilbourne, Don Puchalski and D. Scott Wells placed 60<sup>th</sup> of 142 teams WITHOUT an opportunity of a relay. I did a little figuring and came up with the following: Florida LMSC fielded 6 teams with a total of 9 competitors. Of course, no one was able to have a relay and FACT was the best combined score. Without relays, if we had been combined we would have placed 20<sup>th</sup> and at least one of our combined times as a mixed relay would have placed us 2<sup>nd</sup> nationally. Water over the dam, as we say, but I go back to a conversation I had many years ago with Florida representatives while in Cincinnati for a Nationals – “Why can't we all get together and have some fun and make a mark for Florida?”

Don Puchalski did a great job with 2 silver in the 50 back and breast, a 4<sup>th</sup> in the 500 free, 2 6ths in the 100 breast and 100 IM. D Scott Wells took 2 silvers in the 100 and 500 free, a bronze in the 500 free and 8<sup>th</sup> in the 100 fly; Charlie Kilbourne took 4<sup>th</sup> in the 50 fly, 6<sup>th</sup> in the 200 fly and 7<sup>th</sup> in the 50 breast. Great going all of you.

Although teams are not singled out at National Senior Games, I glanced through the State of Florida representatives this past two weeks in Louisville, KY and saw some great swims by many of our FACT members. To name a few, Nathan Leech, Tom Bliss, Don Puchalski, Ed Nessel, Paul Plackis, Randy Magin, Mario Sanguinetti, Patricia McIntosh and Martha Henderson – sorry if I miss a few but it's hard to pick them out when FL is the only designation. The results are posted on the NSGA website. Congratulations to all of you. Hope you enjoyed Louisville.

Our Women's 280+ free relay of Edna Gordon, Marianne Bradley, Nancy Durstein and Joan Campbell set a new Dixie Zone record at Sarasota.

Also, recently posted were the 2005-2006 Relay All Americans and our Florida Aquatic Combined Team lists 25 members!! A great showing!

Remember to let Joe Biondi (coachjoeb@knology.net) know if you are going to Long Course Nationals in the Woodlands August 9<sup>th</sup> and if you would like to swim on a relay. I will be there to coordinate and we'll download the team information when the psyche sheets come out.





## FLORIDA MAVERICK MASTERS

TENTH ANNUAL AWARDS PRESENTATIONS - It's hard to believe that it was ten years ago that the Mavericks held their first awards ceremony, to recognize their members for their outstanding achievements, in the previous year. This year, our awards dinner was held at the Golden Corral Restaurant, in Brandon. In 2006, forty members achieved a USMS Top Ten ranking, with twenty recognized for their All American status, a first place in an event. Other Special Awards presented included the Outstanding Pool Swimmers-Male, Gaylord Hopkins and Female, Gertrud Zint; Elmer Luke Award (Overcoming Adversity)-Margaret Homans; Dave Malbrough Award (Long Distance)-Ruth Thompson; Dakota Eliason Award (Fitness)-Karen Swanigan; Most Improved-Jean Allen; Bill Volckening Award (Web Architect)-James Christie and the Frogley Award (most Top Ten Places)-Doris Prokopi, with 49.

GOOD LIFE GAMES - Seventeen Mavericks competed in the 28th annual program for seniors, 50 and older.

ATHENS, GA - Patricia Bond was the lone Maverick who competed at the excellent aquatic facilities at the U of Georgia. She won all five of her events.

SCY NATIONALS - Patricia Tullman was the only Maverick who flew across the country to Federal Way, WA, for the SCY National Meet. She was a National Champion in the 100 Fly. She added to her medal count with 2nds in the 1650 Free, 100 Back, 200 Fly and a 3rd in the 200 Free.

NATIONAL SR GAMES - At the NSG, Tullman broke the Sr Games record in the 100 Free by two seconds. She also broke the 200 Free record, but placed third. Robert Blake followed Tullman's example, and broke the 50 Free record in the 50 Free. He also broke the 500 Free Record, but finished 2nd. Ken Hickey's best places were 8th in the 100 & 200 Back and a 9th in the 50 Back.

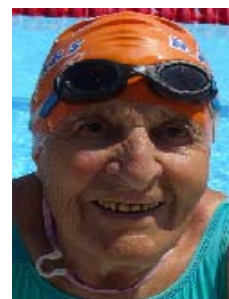
BUMPY JONES CLASSIC - Jean Troy, competing in the 80-84 age group, shot down five World LCM Records. She set new standards in the 100 m Free, 1:35.64; 200 m Free, 3:27.26; 400 m Free, 7:24.53; 200 m IM, 4:18.72 and 400 m IM, 9:32.43. Gertrud Zint, crushed the National standard in the 90-94 50 breast with a time of 1:43.76 to surpass the old record of 2:58.60. Not to be outdone by his female counterparts, Brud Cleaveland, took down a pair of National breaststroke records in the men's 90-94 division. He clocked a 1:01.64 in the 50 breast and a 2:28.24 in the 100 breast. Nine other Mavericks were part of the cheering section, as well as competitors in this excellent, well run meet.



Brud Cleaveland - 90



Jean Troy - 80



Gertrud Zint - 90



FUN AND FITNESS - Eight Mavericks have been participating in the USMS Fitness event, 'Go the Distance'. Miles achieved for 2007 include: Jean Allen, 94; Patricia Bond, 129; James Browne, 127; Brud Cleaveland, 56; Gaylord Hopkins, 254; Margie Hutinger, 34; Martha Jacobs, 41; and Karen Swanigan, 57.

Paul Hutinger, Club Representative



**The Original Sarasota Masters (a FACT team)**

**Bumpy Jones Meet**

As members of FACT we were able to put together (4) 800 m Free Relays at the Bumpy Jones Meet in Sarasota. Three of the relays posted times that were faster than LAST YEAR'S number ONE times in the country! If they remain #1 throughout this long course season we will add 12 ALL-AMERICAN swimmers to our roster!

- |                      |                 |          |   |
|----------------------|-----------------|----------|---|
| <b>Men 24-280</b>    | 1 <sup>st</sup> | 10:51.74 | Bill Kelley, Don Puchalski, Jim Donnelly, Casey Clafin.         |
| <b>Women 200-240</b> | 1 <sup>st</sup> | 11:27.57 | Meegan Wilson, Pat Sargeant, Jennifer Bronson, Deb Walker       |
| <b>Women 280-320</b> | 1 <sup>st</sup> | 16:39.72 | Joan Campbell, Nancy Durstein, Edna Gordon, Marianne Bradley    |
| <b>Mixed 240-280</b> | 1 <sup>st</sup> | 14:49.45 | David Oakes, Cynthia McGarvey, Florence Delaney, Bill Rodenfels |



Edna Gordon finishing her leg of 800 free relay as Marianne Bradley starts the anchor leg.

**USMS 5K Nationals**

Congrats to Deb Walker for winning her age group (55-59) as well as the overall Women's 50+ age group at the OPEN WATER MASTERS NATIONALS held May 19 in Ft Myers.



Stacie Howle & Deb Walker watching their prospective 800 F.R. teammates.

### Swim Clinic

**Deb Walker** offered a free swim clinic on Saturday, July 7, at 3 pm at Arlington Aquatic Center. After a good warm-up and some one-length descending sprints, Deb worked on everyone's starts and turns and stroke technique for every stroke and discussed how to best utilize their swim practices. **Jim Donnelly** was an excellent demonstrator and worked one-on-one with some of the participants. We had two newcomers who were fast learners and were very coachable! They are excited about joining the team and participating in upcoming meets! Eleven of us participated and met at Crusty's Pizza afterward.

### National Senior Games in Kentucky

**Lynn Cartee, Randy Magin** and **Mario Sanguinetti** competed in the **National Senior Games** competition at the University of Louisville. They did GREAT!! Lynn broke 3 Senior National Records and set 2 new ones!

Lynn Cartee 60	100 Breast	2nd	1:35.27*
Lynn Cartee 60	100 IM	3 <sup>rd</sup>	1:21.79
Lynn Cartee 60	50 Fly	*Senior Games Record	1st 36.03*
Lynn Cartee 60	100 Back	2 <sup>nd</sup>	1:21.65
Lynn Cartee 60	50 Breast	*Senior Games Record	1 <sup>st</sup> 42.32*

Mario Sanguinetti, 50-54, bettered his seed times in each of the events he entered! His time earned him a 6th place finish in the 50 yard butterfly. Mario finished 12th in both the 100 IM and the 50 yard breaststroke. His time in the 50 free earned him the 20th spot in the competition.

Randy Magin also had some good swims as he participated in the 55-59 age group. His backstroke times in the 50, 100 and 200 back earned a 4th, 6th and 5th place finish at the meet. In the freestyle events he finished 6th in the 100. His time in the 200 yard event was good enough for 8th place and a 6:22 in the 500 placed him 5<sup>th</sup>. Complete results are available at [www.2007seniorgames.com](http://www.2007seniorgames.com).

### **SARASOTA YMCA SHARKS MASTERS**

The Sarasota Y Sharks Masters wish to thank all our friends who attended the Bumpy Jones Classic June 9/10. This years meet was our largest ever with 188 swimmers including a group of 14 from Costa Rica. Congratulations to Jean Troy who set five World and National records along with Gertrude Zint and Brud Cleaveland who each set National records. We try very hard to make this a fun and welcoming meet and hope everyone will return to Sarasota next summer.

In this issue are entry forms for the open water Daiquiri Deck Tropical Splash to be held at Siesta Key

Beach October 6. Last year's event was the first held at Siesta Key and drew 100 swimmers. Our hope is to grow the event each year. Distances offered are 1K, 3K, and 5K. Please join us for a great swim at a beautiful venue.

Our own Jay Lockaby has had quite an eventful summer. Jay was named Young Professional of the year by the Sarasota Chamber of Commerce. He was also featured on the cover of the Herald Tribune's Business Monday for his work as Executive Director of the Wellness Community of SW Florida. Also, Sharks swimmer Corinne Showalter was featured on the cover of Swimming World in June. Corinne is the daughter of Sharks Master Linda Showalter.

Lastly, the Sharks Masters awarded their first \$1000 scholarship to Erin Rhoades at the SYS Banquet in May. Erin will be attending and swimming at Eastern Michigan University.

## **ST. PETE MASTERS**

Mid year already and SPM had a busy spring calendar.

Thank you to everyone who swam in this year's Hurricane Man event. What a great crowd of swimmers on a beautiful morning. We were impressed to see the Sharks of Sarasota arrive en-masse on a bus. Money raised at this event is used to fund summer swim league and learn to swim programs at St. Pete area pools.

A week later, Bill Specht was off in Washington state representing the team at Short Course Nationals. Based on the results, Bill had a nice meet.

In early June, a small group of SPMers traveled down to Sarasota to swim in the first LCM meet of the summer. Thank you to the Sharks for hosting such a great meet! Those of us who drove down really enjoyed your Saturday social in the park.

Sandy Steer and Mike Torsney, who spend their summers north of the border, attended the Canadian meet with their 'summer' clubs. They both swam well and enjoyed the company of another winter resident, Brian Turnball, who lives near the site of this year's meet.

In mid-June, Tim Kennedy was slated to participate in the Swim Around Manhattan. He had trained very hard all winter and spring for the event. Unfortunately, a couple weeks prior he sustained an injury that prevented him from conquering the distance. Despite injury, Tim still traveled north and cruised the East River and the Hudson during the swim. I haven't heard yet whether he will make another attempt in 2008.

And last, at the recent St. Pete. Aquatics age group meet, SPM awarded two scholarships to graduating seniors who have participated in the SPA program. This is the 3rd year that scholarships have been available to SPA graduating seniors. Stase Michota and Sally Decker were this year's recipients. Stase graduated from Admiral Farragut in May. She has an athletic scholarship to Florida Atlantic in Boca Raton where she plans to pursue undergraduate studies in Biology and Pre-Med. Sally graduated from Northeast High School. Sally will also be attending Florida Atlantic and plans to pursue a degree in Education. Congratulations to both girls as they leave for college.

Look for entry information for a SCM meet in mid-November.



## SUN MASTERS

### **LMSC April 2007 -SUN MASTERS QUARTERLY REVIEW**

#### **January CUDA Meet**

**Marianne Bradley (60-64) 1<sup>st</sup> in the 50 Free, 50 Back, 50 Breast, 50 Fly and 100 IM.**

**Florence Delaney (60-64) 3rd in the 50 Free and 4th in the 50 Back.**

**Nancy Durstein (75-79) 1st in the 50 Free, 50 Back, 50 Breast, 50 Fly and 100 IM.**

**Dan Mullett (45-49) 2nd in the 50 Free and 40 Breast.**

**Paul Polgar (55-59) 1st in his 50 Free and 50 Back and 2nd in 50 Fly.**

**Don Puchalski (65-69) 1st swims in the 50 Free, 50 Back, 50 Breast, 50 Fly and 100 IM.**

#### **One Hour Postal Swim**

**Andy Nauta (45-49) 27th**

**Florence (60-64) 27th in the age group**

**Marianne Bradley (60-64) 15<sup>th</sup>**

**Joan Campbell (75-79) National Champion**

**Don Puchalski (65-69) National Champion**

#### **March Madness March 10-11 , 2007**

**Kimberly Cottrell (18-24) high point (68 points) for the 18-24 women. Kim swam to first place finishes in the 50, 100 Free, 50, 100 Fly, and 200 IM. Her second place finishes were in the 50 Breast and 100 IM. Great meet for her MASTERS debut.**

**Andrea Nauta, 47-- 45-49 age group** returning to masters swimming after some 15 years, where she had been in the top 10, for several years, had a great meet. She swam to first place finishes in the 100, 200, 500 & 1000 Free and also brought home a second in the 50 Free. With only 5 events swum she managed a 4th place high point finish.

**Laura Spratt 47** another new masters swimmer had a great debut. She placed 2nd in the 50 & 100 Breast, 5th in 100 Free & 9th in the 50 Free.

**Marianne Bradley (60-64 age group)** swam her way into first place high point with 50 points. **Marianne** had firsts in 100 Free, Fly, 100 & 200 IM and second place in 50 Free, 50 Back.

**Florence Delaney, (60-64) was** second place high point with 45 points. **Florence** scored firsts in 200, 500 & 1000 Free, second place in 100 Free, third place in 50 Free, 4th in the 50 Back.

**Beverly Tucker, (70-74) Placed** 2nd in the high point standing with 66 points. Beverly is from Canada and visits us a couple times a year to swim with her friends and get a few swimming tips. She had firsts in 100 back , 50 Breast and 100 Breast, --- second place in the 50 Back, 200 Breast and 100 IM, --- third place in 50, 100 and 500 Free.

Next we have two ladies that are usually in the top 3 in most meets they enter.

**Nancy Durstein, (74-79 )** brought home the first place high point with 76 points.

**Nancy** had 1st place finishes in 100 & 200 Fly, 400 IM. She had 2nd place finishes in the 500 & 1000 Free, 200 Back, 200 Breast, 50 & 100 Fly, 100 & 200 IM....wow, way to go Nancy!

**Joan Campbell (74-79)** was second with 65 points.

**Joan** had an equally impressive meet with wins in the 1000 Free, 100 & 200 Breast and second place finishes in 100 Back, 200 Fly, 400 IM with a third in the 200 & 500 Free, 200 Back, 200 IM...

Men:

**Dale Earle -22 (18-24 )** Placed 4th in the high point standings.

Dale was 1st place in the 200 free, 2nd in the 100 Free and 4th in the 100 IM.

**Dustin Bengston- 30 (30-34 )** Placed 1st in the high point standings. Dustin had first place finishes in 200, 500, 1000 Free also 50, 100 & 200 Fly.

**Bill Conlon (45-49 )** Bill finished 6th in the 50 Back, 7th in the 50 Breast, 10th in 100 IM.

**Steve Hunt (45-49)** placed 4th in 100 Fly, 6th in the 50 & 100 Free, 50 Fly, 7th in 100 IM.

**Dan Mullett (45-49)** placed 5th in 50 Breast, 6th in the 50, 7th in 200 Free, 8th in 50 free.

**Bill, Steve and Dan** have been swimming masters for several years, and it is good to see them back in the competitive mode again.

**Paul Polgar (55-59)** Tied for 5th in the high point standings. Paul does not swim with us at Dunedin but joins SUNF at meets. He swam on one of the relays. Paul placed 3rd in the 50 & 100 Free, 50 Fly, 4th in 50 back.

**Don Puchalski (65-69)** Don was second place overall high point men with 52 points. He took first place in the 50 back & breast, 100 & 200 breast and 200 IM, 2nd in the 100 IM

**Elliott Schofield (80-84)** Elliott has been conspicuously missing from our ranks for awhile with some health problems and now is back. **Elliott** swam his favorite events and placed 2nd in the 50 Back, 3rd in the 100 & 200 Back.



### LMSC Awards Banquet March 10, 2007

#### **Distance Awards**

Joan Campbell (75-59) 5<sup>th</sup>

Nancy Durstein (75-59) 9<sup>th</sup>

Don Puchalski (65-69) 5<sup>th</sup>

**Pool Awards**

Joan Campbell (75-59) 7<sup>th</sup>  
Don Puchalski (65-69) 8<sup>th</sup>

**Leather Lung Award**

Joan Campbell (75-59) Both LCM and SCY!!

**Ellen Bowen's Going Away Party March 18, 2007**

Sun Masters swimmers gathered together to bid a tearful good bye to our good friend and long time teammate Ellen Bowen who recently relocated to Iowa City Iowa to be closer to her family. We will miss her dearly and are so glad to know that she is loving her new apartment and has reconnected with some old friends from her home town.

**LMSC July 2007 -SUN MASTERS QUARTERLY REVIEW****USMS All American Relays for 2006:**

Marianne Bradley, Joan Campbell, Nancy Durstein, Beverley Tucker.

**Dixie Zone Short Course Yards 2007:**

Congratulations to the following five team members placed first in their age divisions :

**Dustin Bengston** (30-34) - 100 Fl.

**Don Puchalski** (65-69) - 50 BR; 400 IM.

**Kimberly Cottrell** (19-24) - 100 Fl.

**Joan Campbell** (75-79)- 1000 & 1650 FR; 200 BR

**Nancy Durstein** (75-79)- 100 BR; 100& 200 Fl.

And those that made the Top Ten:

**Beverley Tucker** (70-74).

**Marianne Bradley** (60-64),

**Florence Delaney** (60-64)

**Andrea Nauta** (45-49)

**Elliott Schofield** (80-84)

**Paul Polgar** (55-59) and Good showing everyone!

**St. Pete SCY 37th Annual Championship Meet held April 13-15, 2007**

SUN Masters team placed #10 of 37 teams.

High point winners were:

**Nancy Durstein** (75-79)- 1<sup>st</sup> place.

**Marianne Bradley** (60-64)- 3<sup>rd</sup> place.

**Don Puchalski** (65-69)- 2 place.



Individual results were:

**Nancy Durstein** (75-79) 1<sup>st</sup> place in 1650 FR, 100 BR, 50 Fl & 200 IM;

**Marianne Bradley** (60-64) 1<sup>st</sup> place in the 200 IM.

**Don Puchalski** (65-69) 1<sup>st</sup> place 50 Bk, 100 BR, 100 IM and 400 IM;

**Florence Delaney** (60-64) 3<sup>rd</sup> place 200 & 500 free.

#### **Bumpy Jones Classic Long Course Meters June 9-10, 2007 in Sarasota:**

Those teammates attending and swimming in the great cool pool at the Sarasota Sharks home YMCA were **Gary Laursen, Don Puchalski, Florence Delaney, Nancy Durstein, Joan Campbell and Marianne Bradley.**

**Nancy Durstein** took 8 Firsts! Way to Go Nancy! **Joan Campbell** took five firsts.

**Don Puchalski** , **Marianne Bradley** each took 3 firsts, and **Florence Delaney** brought home 2 firsts.

**Gary Laursen** had a third, fourth and fifth in his FR and BR stroke events. All enjoyed the fine food and drink at the "Party in the Park" after the meet Saturday afternoon!

#### **National Senior Games in Louisville KY, June 27-July 2, 2007**

**Don Puchalski** (65-69) 1<sup>st</sup> place 50 BR & 100 IM; 2<sup>nd</sup> place 200 IM ; 3<sup>rd</sup> place 100 & 200 BR. Great showing at a National Meet!

#### **Sand Key Park Open Water Practice July 8, 2007**

Coach Joe Biondi had about 30 participants most of them preparing for the July 15<sup>th</sup> Sand Key Triathlon and other local events which are scheduled this season.

#### **Recent Results:**

##### **Max Bayne 1/2 Marathon April 1, 2007**

Arnaud Glacet- 1:26:31, 3rd Overall

##### **Citrus City Cyclo-Cross Series**

Arnaud Glacet - 6th Men's C

##### **Boston Marathon April 16, 2007**

Michael Weiss's had a PR at Boston following his victory at the **Max Bayne 1/2 Marathon** .

##### **Good Life Games Swim Competition April 22, 2007 at the Long Center**

This event was very well attended and as always well supported by the SUN Masters Team particularly coach Joe Biondi and his wife and many team members and their families who helped with the timing and served on the hospitality committee. The following SUN Masters competed and had some great swims: Joan Campbell, Nancy Durstein, Florence Delaney, Marianne Bradley and Don Puchalski .

##### **St. Anthony's Triathlon April 29, 2007**

Arnaud Glacet

Roz Randall

Linda Simpson

Pat Crow

Nancy Durstein

##### **Florida 70.3 Orlando, Florida May 20, 2007**

Arnaud Glacet

Good luck to Arnaud Glacet who will be competing in the **Ironman at Lake Placid on July 22, 2007**

## **THE VILLAGES AQUATIC SWIM TEAM**

### **VAST Goes to National Senior Games**



LMSC National Sr Games 2007

Front L to R: Trice Hurr, Rae Suttie, JoJo Gutfran, Shirley Fishlock, Gloria Galbreath, Alice Kelly

Back L to R: Joe Rowan, Mary Rowan, Pat McIntosh, Barbara Galpin, Nate Leech, Tim Kelly

Not Shown: LuAnne Faubion, Gigi Hubbard, Don Arndt, John Cornell and Gordon Ralph

VAST Goes to National Senior Games

The Villages Aquatic Swim Team (VAST) was well represented by its 17 members who participated in the National Senior Games at the University of Louisville's Ralph Wright Natatorium. The group took home 14 medals, 3 gold, 3 silver, and 8 bronze. There was a total of 8 fourth place and 9 fifth place finishes for VAST.

Nate Leech (55-59) led the way with outstanding performances as he won 2 gold medals. He picked up one for the 100 yard breast with a time of 1:09.52 and another for the 200 yard breast with a time of 2:35.25, which set a new National Senior Game record in his age group for the 200 yard breast. Nate also won a silver medal in the 200 free, and 2 bronze medals in the 500 yard free and 200 yard back. He finished up the meet with a 4<sup>th</sup> place ribbon in the 100 IM.

The other gold medal was won by Gordon Ralph (75-79) in the 50 yard back with a time of 38.69. Gordon also picked up 2 silver medals for his efforts in the 100 and 200 yard back.

Bronze medals were also won by Trice Hurr (50 fly & 100 IM), Rae Suttie (50 fly), JoJo Gutfran (200 free & 500 free), and Shirley Fishlock (50 free).

VAST awards and finishes are:

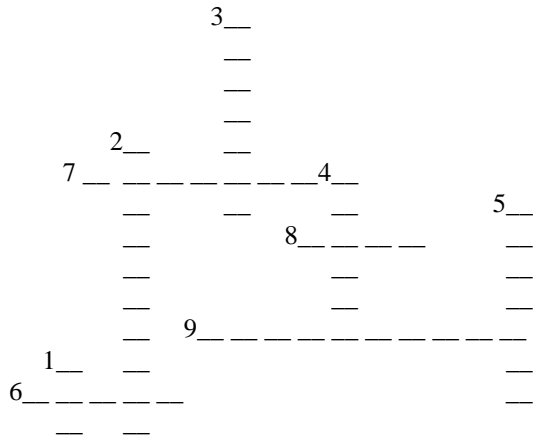
Gigi Hubbard: 1-4th, 1-5th, 1-6th, 2-10th, 1-11th.

Joyce Hutchinson: 1-4th, 1-5th, 1-6th, 1-12th, 1-14th.

JoJo Gutfran: 1-4th, 1-6th, 1-10th and 1-11th place.

LuAnne Faubion: 1-4th, 1-10th.  
 Mary Rose Rowan: 1-5th, 2-6th, 1-8th, 1-10th, 1-17th.  
 Pat McIntosh: 1-5th, 1-6th, 1-7th, 1-9th, 1-10th, 1-11th.  
 John Cornell: 1-5th, 2-7th, 1-9th, 1-11th.  
 Don Arndt: 2-7th, 1-8th, 2-11th, 1-13th.  
 Gloria Galbreath: 1-7th, 1-13th, 1-15th, 1-17th, 1-22nd.  
 Alice Kelly: 1-8th, 1-15th, 1-16th, 1-19<sup>th</sup>  
 Tim Kelly: 1-12th, 1-13th, 1-14th.  
 Joe Rowan: 2-17th, 1-18th.  
 Rae Suttie: 1 bronze, 1-4th, 1-8th.  
 Shirley Fishlock: 1-bronze, 1-4th, 1-5th, 2-8th, 1-9th.  
 Trice Hurr: 2-bronze, 1-4th, 1-5th, 1-7th, 1-9th.  
 Gordon Ralph: 1 gold, 2 silver, 1-5th.  
 Nate Leech: 2 gold, 1 silver, 2 bronze, 1-4th.

**SWIMMING CROSSWORD PUZZLE (THEME: THE ENGLISH CHANNEL)**



*Down*

1. Last name of the youngest person to swim the English Channel.
2. City where English Channel swims often finish. \_\_\_\_\_, France
3. Last name of the St. Pete Masters member who swam the English Channel in 2004.
4. Last name of the first woman to swim the English Channel.
5. Age of the youngest person to swim the English Channel (at the time of the crossing).

*Across*

6. City where English Channel swims often commence. \_\_\_\_\_, England
7. French name for the English Channel (Hint: It means "the sleeve").
8. Last name of the first person to swim the English Channel (without using a life jacket).
9. Name of the pub where successful English Channel swimmers write their name on the Wall of Honor.

(Answers on page 19).

**SWIMMING FUN**

1. Go to <http://www.google.com>.
2. Click on "maps."

3. Click on "get directions."
4. Type "New York" in the first box (the "from" box).
5. Type "London" in the second box (the "to" box).
6. Click on "get directions."
7. Scroll down to step #23.

Sources: Cynthia Durgin, <http://www.google.com>

**Please keep Margie and Paul Hutinger and their family and friends in your thoughts. Paul's son Scott passed away recently.**

***Happy Birthday and Anniversary to all Masters swimmers celebrating in August, September, and October!***

**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](mailto:livia@alum.mit.edu). Thank you.**

### **Upcoming Events**

#### **Long Course Meters**

- Aug. 4-5 Team Orlando Masters Long Course Meters Swim Meet; Orlando, FL; YMCA Aquatic Center
- Aug. 10-13 USMS National LCM Championships; The Woodlands, TX; The Woodlands Athletic Center
- Aug. 18-19 Colonies Zone Long Course Championships; College Park, MD; University of Maryland
- Aug. 25 Blue Wave Masters Swim Meet; Brandon, FL; Brandon Sports and Aquatic Center

#### **Short Course Yards**

- 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](mailto:aquatex101@aol.com).

Sept. 15 That Dam Swim (12-mile swim); Muscle Shoals, AL; *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](mailto:dd@bigskytel.com).

Oct. 6 Daiquiri Deck Tropical Splash (1K, 3K, 5K); Sarasota, FL; *This event is USMS sanctioned.*

### **Top 5s**

Please visit <http://www.floridalmc.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.

### **Top 10s**

Andy Dyer has gone through the 2005 and 2006 meet results that have been posted on-line and has created

the Dixie Zone 2005 and 2006 LCM Top 10 lists. Women, Men, and Relays are now posted on the zone web page (<http://www.dixiezone.org> ). Thank you.

### SWIMMING CROSSWORD PUZZLE

#### Answers

#### Down

1. (Lynne) Cox
2. Cap Gris Nez
3. (Ron) Collins
4. (Gertrude) Ederle
5. Fifteen

#### Across

6. Dover
7. La Manche
8. (Matthew) Webb
9. White Horse

Sources: Wikipedia, <http://www.distancematters.com>

### A WORD FROM MARY BETH WINDRATH: RELAY ALL AMERICANS

Here is a list of swimmers who qualify as RELAY ALL AMERICANS for the 2005-2006 season. This list will NOT appear in SWIMMER Magazine. It is posted on the official USMS Web Site.

To achieve this honor, these swimmers were members of a relay team that posted the fastest time in a relay event/age group in at least one of the three official courses as listed in the USMS Top-Ten Tabulation.

Please use the attached request form when ordering your Relay All American Certificates/Patches.

If you are interested in a hard copy version of these documents, please contact Mary Beth Windrath, Chair - Records and Tabulation, at [TopTen@usms.org](mailto:TopTen@usms.org).

FACT	FLORIDA AQUATIC COMB	Gaylord Hopkins	65
	Marianne Bradley	Ruth A Hoskinson	76
	Joan Campbell	Harold Miller	77
	Bunny Cederlund	James Pitts	76
	John Cornell	Charles Schlegel	76
	Nancy Durstein	Jean Troy	79
	Edna Gordon	Patricia Tullman	69
	A Guglielmi	C Weatherbee	74
	Martha Henderson		
	James L Hiers	SPM ST PETE MASTERS INC	
	J Nathan Leech	Gary A Bastie	55
	Robert MacDonal d	Elaine Bromwich	63
	Patricia McIntosh	Adrienne Forkois	27
	Doug Messineo	Kelli Hoover	21
	Meredith A Moore	Judy K Humbarger	55
	Pai ge Moore	Fred J Lewis	55
	Joan M Robi nson	Kristen Nardozzi	24
	Bill Rodenfels	Sarah Swoch	21
	Pat Sargeant		
	Robert Sigersmith	SYSM SARASOTA YMCA SHARKS	
	Beverley Tucker	Tillie Atkins	42
	Mary Tusa	Holly Detra	22
	Linda Vi sser	Mark Drennen	50
	Deb Walker	Cathy Fedako	45
	Meegan Wi lson	Jay Lockaby	36
	Glenn C Woodsum	Kevin Mc Cormack	54
		Jan Soderstrom	61
FMM	FLORIDA MAVERICK MAS	Melissa Varlas	33
	Jean M Al len	Rick Walker	56
	James Browne		
	Margaret T Homans		

New **RELAY ALL AMERICAN** certificates have been created (beginning with 2006) to capture the memory of your great swim in achieving a **NUMBER ONE TIME**. When requesting a patch and a certificate, the following information should be included:

**FIRST AND LAST NAMES OF ALL FOUR MEMBERS OF THE RELAY:**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

- 1 **RELAY EVENT: MEN or WOMEN or MIXED (Circle one)**
- 2 **RELAY DISTANCE: 200 400 800 (Circle one)**
- 3 **FREE or MEDLEY (Circle one)**
- 4 **TIME OF RELAY: If you want a specific record (national/world/zone) printed on the certificate, identify the type of record broken and the time of the swim: \_\_\_\_\_**
- 5 **COURSE: SCY or SCM or LCM (Circle one)**
- 6 **AGE GROUP: For yards, the age of the youngest member shall determine the age group. For all meters, the aggregate age of the four relay team members shall determine the age group. (Example: 120-159): \_\_\_\_\_**
- 7 **LMSC or TEAM: \_\_\_\_\_**
- 8 **YEAR/Date on which the ALL AMERICAN swim was achieved: \_\_\_\_\_**

**Send Patch and Certificate to:**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

\_\_\_\_\_

**Mail Payment (\$5.00 for each member) to:**

**USMS  
P.O. Box 185  
Londonderry, NH  
03053-0185**

**Thanks,  
Ginger Pierson  
gingerp@qwest.net**



**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 copy 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](mailto: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.**



**4th Annual  
Daiquiri Deck Tropical Splash  
Open Water Swim  
Siesta Key Beach—Sarasota, Florida  
Saturday, October 6, 2007**

**USMS 5K Swim Starts 7:30am**

**USMS 3K Swim Starts 7:35am**

**USMS 1K Swim Starts 7:40am**

Swims Sanctioned By: Florida LMSC for USMS, Inc.—Sanction Pending

- Hosts:** The South County Family YMCA and Sarasota YMCA Sharks Masters.
- Sponsor:** The Daiquiri Deck restaurant of Siesta Key.
- Location:** Beautiful Siesta Key Beach—Sarasota, Florida. Consistently voted one of the Top 10 beaches in the United States.
- Course:** 2 1/2 Kilometer oval parallel to beach. Marked with marine buoys.
- Meet Directors:** John Bruenning (941)492-9622 and Rick Walker (941)346-7946
- Entry Fee:**
- |                                   |      |
|-----------------------------------|------|
| Early (by 8:30pm 9/21/07)         | \$30 |
| Late (9/22-10/5/07 at 12:00 noon) | \$40 |
| Day of Race (10/6/07)             | \$50 |
- Register:** Online at [www.active.com](http://www.active.com).  
Download entry information from [www.venicymca.org](http://www.venicymca.org) or pick up entry information at the South County Family YMCA or Sarasota YMCA. No faxed entries will be accepted.
- USMS:** Swimmers not currently registered with USMS will be required to register for a USMS Single Event the day of the race for \$15. Please have your USMS card with you for proof of membership or the \$15 to purchase a single event registration.
- 1 Event Fee**
- Minimum Age:** 18 years of age
- Awards:** First 100 participants are guaranteed a t-shirt. Awards for top three finishers in each age group and overall Male and Female winner.
- Refreshments:** Refreshments will be served at the completion of the race and during the awards ceremony at the Daiquiri Deck restaurant in Siesta Key Village.
- Time Limit:** Participants will have two and a half hours to complete the race.



## Central Florida Marlins Masters “Fall” Splash

Sponsored by: Central Florida Marlins Masters Swim Team

Sanctioned by: Florida LMSC for USMC Inc. – Sanction # 147-015

Meet Director: Bill Vargo

Date & Time: Saturday, October 13, 2007  
Warm up: 10:00am – Start: 11:00am

Location: Newton A. Perry Aquatic Center – Ocala, Fl.  
Located on the Central Florida Community College Ocala Campus  
3001 SW College Rd. – Ocala, Fl.  
I-75 & SR 200

Pool: 6 lanes 25yards by 50 meters with warm up and warm down available  
Colorado Timing with hand held back-up watches for all events

Eligibility & Rules: Open to all Masters, ages 18 and older. **A copy of your 2007 USMS card must be attached to the entry form.** USMS rules will govern the meet.

Entries: Swimmers must pre-enter by mail. Swimmers may swim up to 5 individual events.  
Single fee of \$ 25.00 covers entry fee and facility charge  
E-mail confirmation of entry receipt will be provided if you indicate such on the entry form. There will be no deck entries.

Entry Deadline: **Meet entries must be postmarked by Saturday, October 6, 2007.** Late entries received by mail ( postmarked after October 6 ) , phone or e-mail after October 6 will be accepted with an additional \$10.00 fee until Wednesday, October 10, 2007.

Information: Bill Vargo 352-873-5811 or [OcalaMarlins@aol.com](mailto:OcalaMarlins@aol.com)

## ENTRY FORM

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City/State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

E-mail Address: \_\_\_\_\_

Age as of October 13, 2007: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_

USMS Registration #: \_\_\_\_\_ Team Initials: \_\_\_\_\_

**Please circle event numbers and enter a time**

<u>Women's Events</u>	<u>Entry Time</u>	<u>Event in Yards</u>	<u>Men's Events</u>	<u>Entry Time</u>
1	_____	200 Y Free	2	_____
3	_____	200 Y I.M.	4	_____
5	_____	50 Y Fly	6	_____
7	_____	200 Y Breast	8	_____
<b>15 minute break</b>				
9	_____	100 Y Breast	10	_____
11	_____	50 Y Back	12	_____
13	_____	100 Y Free	14	_____
<b>15 minute break</b>				
15	_____	100 Y Fly	16	_____
17	_____	50 Y Breast	18	_____
19	_____	100 Y I.M.	20	_____
21	_____	200 Y Back	22	_____
<b>15 minute break</b>				
23	_____	100 Y Back	24	_____
25	_____	50 Y Free	26	_____
27	_____	200 Y Fly	28	_____
<b>15 minute break</b>				
29	_____	500 Y Free	30	_____

**Please read and sign:**

**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 VOLUNTEERING OR OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. IN ADDITION, I AGREE TO ABIDE BY AND BE GOVERNED BY THE RULES OF USMS.**

Name (print): \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**ENTRY FEE ( Make check payable to Ocala Aquatics ) - \$ 25.00  
MAIL TO: Bill Vargo - 430 SW 43<sup>rd</sup> Pl. - Ocala, Fl. 34474**

# **FLORIDA**

Local Masters Swimming Committee  
8846 Mariposa Court  
Naples, FL 34113