

# Florida LMSC Newsletter

## **Florida LMSC Happenings:**

The Florida LMSC Awards Banquet was held on Saturday, February 16, 2008 at The Long Center. Many Florida LMSC swimmers received awards and honors. June Reynolds (FMM) and Mark Drennen (SYSM) won the Pool Swimmers of the Year award, and Doris Prokopi (FMM) and Robert Beach (SPM) won the Open Water/Distance Swimmers of the Year award. Both June Reynolds and Mark Drennen hold All American Honors in many individual pool events. Both Doris Prokopi and Robert Beach participated in the five Postal Championships.



Pool Outstanding Swimmer awards went to Jean Troy (FMM), Nancy Durstein (FACT), Joan Campbell (FACT), Patricia Tullman (FMM), Brud Cleaveland (FMM), Jerry Dawson (NTC), Paul Hutingger (FMM), and Rick Walker (SYSM). Pool Top Ten Swimmer awards were won by Mary Tusa (FACT), Gladys Olsen (FMM), Florence Carr (SYSM), Charlotte Petersen (SPM), Linda Visser (FACT), Frank Tillotson (FMM), William Specht (SPM), Donald Pulchalski (FACT), Gaylord Hopkins (FMM), and Arnaldo Perez (SYSM).

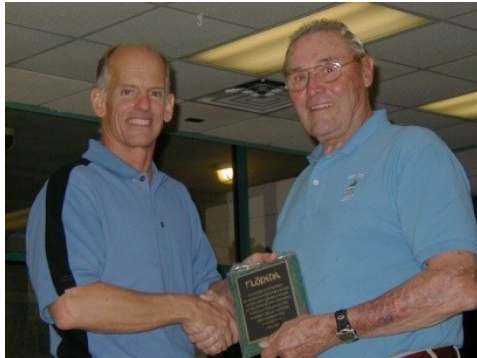
Outstanding Open Water/Distance Swimmer honors went to Charlotte Petersen (SPM), Jo Ann Harrelson (SPM), Kate Knight-Perry (SPM), Patricia Bond (FMM), Kern Davis (SPM), Timothy Kennedy (SPM), Robert Margalis (SPM), and Pat Marzulli (SPM). Charlotte Petersen won first place in the 3000 Yard, 6000 Yard, 5K, and 10K Postal Championships and second place in the One Hour Postal Championship. Patricia Bond won first place in the 3000 Yard Postal Championship. Open Water/Distance Top Ten Swimmer winners were Sandy Steer (SPM), Deb Walker (FACT), Laura Kaleel (SPM), Pam Geiger (SPM), Nancy Durstein (FACT), Ned Allen (SPM), John



Pat Bond (FMM)

Cox (SPM), Rick Walker (SYSM), Alex Ramirez-Miller (SPM), and Donald Puchalski (FACT)

This year a record number eleven swimmers achieved the Leather Lungs Award. Robert Beach, Marianne Bradley (FACT), Joan Campbell, Kern Davis, Nancy Durstein, Timothy Kennedy, Sue Moucha (BLUE), Charlotte Petersen, Doris Prokopi, Gregory Rotole (FMM), and Flavia Zappa (SPM).



*Tom Bliss (left) Congratulates Charlie Kohnken (right)*

2007 Florida LMSC Service Awards went to Pat Tullman (FMM) - Registrar, Margie Hutinger (FMM) - Records Chair, and Richard Brewer (GOLD) - Webmaster. 2008 Florida LMSC Service Awards were given to Charles Kohnken (SPM) - Records Chair, Registrar, and Ongoing Officials Chair and Meegan Wilson (FACT) - Secretary, Fitness Chair, and Current Treasurer.

The Sue Moucha Overcoming Adversity Award was awarded to Paul Cook (SWSM).

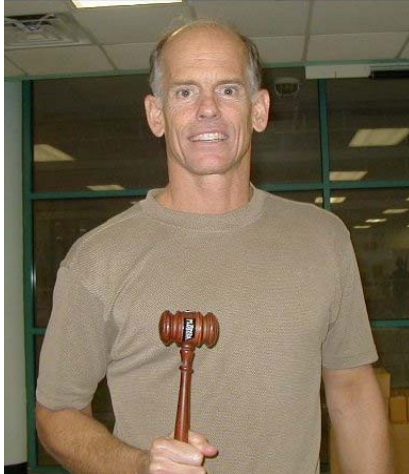
Congratulations to all those swimmers who received awards, and thank you to all the volunteers who hosted the Florida LMSC Awards Banquet!

### **Trivia Question:**

**Question:** How many swims of the English Channel have been performed under and given official sanction by the Channel Swimming Association to 2005?

**Answer:** "The total number of swims conducted under and ratified by the Channel Swimming Association to 2005: 982 successful crossings by 665 people. This includes twenty-four 2-way crossings and three 3-way crossings."

Source: [http://en.wikipedia.org/wiki/English\\_channel](http://en.wikipedia.org/wiki/English_channel)



## **Messages from the Chairman:**

Dear FL LMSC Members,

I am a strong believer that there is a reason for everything. In addition, I believe that each of us has a reason for doing everything we do. A few years back I asked why our members were masters swimmers via a FL LMSC survey. It was interesting to see the reasons, which involved various benefits

including social/camaraderie, fitness, competition; swimming leg development for tri's; therapeutic; etc.

As one of the FL LMSC "overseers", it is my job to be sensitive to the "REASONS" so that these desires can be considered and supported. Much of our FL LMSC focus/support has been targeted at the competitive masters swimmer, however in terms of percentages this is one of the smaller groups/representations of our membership. We want to be sensitive to our membership which means that we need to have your involvement/communication.

Our two primary methods of communication have been the FL LMSC newsletter and the three FL LMSC meetings which are coordinated with swim meets (to maximize attendance). Whereas I am big on the personal physical attendance at a meeting, some LMSC's have resorted to teleconferencing, instead. This obviously makes meetings more assessable for members to be informed, however it eliminates the personal touch and social aspect which I feel are crucial too. We are currently looking at this option and wanted you to know.

Your involvement and your enlightenment are vital elements to maximize your FL LMSC membership experience. The Team Representative is a crucial communication vehicle for your club and for the FL LMSC. If your Team Representative isn't serving in this capacity, it is time to find a new one. Maybe you could fill that role yourself. Being and staying informed is the first step in leveraging your masters experience.

To keep you informed I will cover some news that was discussed at our first FL LMSC meeting this year, held at the St Pete meet on March 29. By the way if you weren't there you missed a great meeting and an excellently run swim meet - way to go Patty Nardozzi! The following bullets are important information points which were discussed in the meeting:

- Gary Zarkis stepped down as Web page editor.
- Meegan Wilson (along with being the Treasure) is our new Web page editor.

- Meegan has made several changes, please check out the FL LMSC web site.
- One Web site addition is the listing of Job Descriptions.
- This year is an election year, please refer to the Job Descriptions and consider running.
- Jason Brauer is our Interim Newsletter editor. Flavia will be a support and distribute the newsletter, as Jason experiences/considers the position (with this being an election year, Jason will decide if he is interested in running for the position).
- There were several committees formed in the meeting.
- Joan Campbell will head the elections committee and hopefully was able to provide steps in this newsletter addition, for those interested in running for a position.
- Rick Walker is heading up a committee to initiate a state championship meet to include all three LMSC's within our state.
- The minutes for the first FL LMSC meeting should be posted on the FL LMSC web site by the time of this newsletter issue.

These are just a few items that were covered, please review the minutes found on the FL LMSC web site to get the full details. Remember your Team Representative is a critical link in maximizing your membership experience. Please check out the Team Representative Job Description on the web site. If your Team Representative is not fulfilling this role, it might be time to find a new one.

Serving,

Tom Bliss  
Chairman, FL LMSC



### **Our Beverley Tucker:**

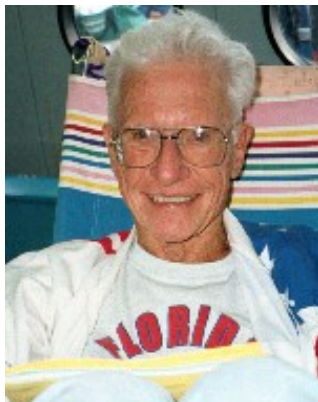
As her daughter Wendy so aptly put it our friend Beverley peacefully swam away last Friday, April 4<sup>th</sup>. She had been ill just a few short weeks and it has been a shock to many of us who remember a vibrant, active, enthusiastic, loving and caring personality just four months ago. Bev invented our term “aquaquack” and to say she taught us well is an understatement. Rarely was she not offering us animated conversation and her quality of life was inspirational. “Where’s Bev going this time?” was always a topic – to Colorado to bike and hike, to Mexico to enjoy

her friends, to California to swim in San Francisco Bay, and to Australia to swim in Sydney with the sharks. I always remember her comment when she told us about the helicopters overhead watching for the sharks – she said she had no fear; no self-

respecting shark would want her old body with all the young things to choose from! Of course, she spent a great deal of time in Asheville, North Carolina with friends and a good team there and her life in Collingwood, at the south end of Georgian Bay in Canada, consisted of a great deal of skiing, which she enjoyed immensely.

Beverley's long swimming history included many open water swims, which she excelled in. This past year she swam the Lake Placid Swim and she has participated in distance swims throughout the world. In Brazil they were foolish enough to claim she was too old to swim the open water 5K in the Laticar World Championships. With her signature tenacity she prevailed – of course won her age group and swam faster than many others younger than she.

Beverley started her swimming career as a child and was a member of the Canadian Synchronized Swim Team and awarded a demonstration medal at the 1952 Helsinki Olympic games. She was active in Canadian swimming as a member of the TYMS and TOMS teams competing for them in past Canadian National and World Championships. In the U.S. she was a member of the North Carolina Masters Swimming (while living in Asheville). Beverley first joined the St Petersburg Team around 1981; was former president and influential in bringing the legendary coach George Bole to their team in 1984. Tiger Holmes of the Holmes Lumber Jax team recalls the help Bev gave them when many swimmers from Florida made the trip to Australia for the Masters Worlds in Brisbane in 1988. Her friendliness and thoughtfulness in making sure everyone was taken care of was exemplary of her always bright and cheery outlook. Her friends at St Pete recall the great times at the Penn Flora, which the Tuckers owned, with Bev and her husband hosting many a party there and caring for George after his first heart attack. She was currently affiliated with the SUN Masters Team, coached by Joe Biondi, and a member of the Florida Aquatic Combined Team. She had planned to swim in Perth, Australia at the FINA World Masters Championships this month with her Canadian Team.



### **Ask the Swim Doctor:**

Want additional information? Contact Dr. Paul Hutinger:  
727-521-1172 OR  
[phut@usms.org](mailto:phut@usms.org).

**Question:** I really enjoy swimming, but I'm not very fast and don't like to compete. I've asked myself, "Do I really fit in with Masters swimming?"

**Answer:** Absolutely! You ARE good enough for Masters swimming. Less than 1/3 of USMS swimmers identify themselves as “competitors.” In 1970, at the early Masters swimming meetings, some wanted to restrict who could belong. The leaders with open minds prevailed, and our program has no restrictions on swimmers’ abilities, only what they impose upon themselves. Swimming is one of the most popular forms of aerobic exercise, and an excellent activity for anyone who wishes to get fit and stay fit--for life.

The competitive swimmer has meets as a motivation to train regularly, but what about the fitness swimmer? To establish the positive addiction to training and have meaningful goals, USMS provides resources, programs and activities. The Fitness Committee has two virtual swims (swim in the comfort of your own pool or favorite open body of water) which are very popular.

The Check-Off Challenge event, is to motivate swimmers to swim each of 18 competitive swimming events. You enter by buying the special T-shirt in advance. As you swim the events, simply check them off. You can swim them any time, any place, at your own pace!

The objective of the Go the Distance event, is for participants to track the distance they swim during the calendar year. At the end of each month, they submit their total mileage. There is no cost for entering. Awards are available for purchase (optional), for different mileage achievements.

Postal events are swum in your own pool, with a timer to verify your time/distance. Entries are sent by mail, to the host club. These can be more competitive, but I prefer to think of them as a journey, not a destination. You can either swim the entire distance without stopping, or, you can break it up into more user friendly distances that you can handle, like 100's, 200's, etc. These swims provide an easy entry into Masters swimming for the fitness swimmer. This area of Masters swimming should be promoted by all club programs.

There are five National Postal events, throughout the year. Entry fees are required, with awards for top achievers and t-shirts are optional. More details are available in SWIMMER Magazine, the Internet or ask your coach for a paper copy. Swim at a comfortable pace that you use in your regular training. In January, it's the One Hour Postal, and you swim as far as you can in one hour. In the summer, the more adventurous swim the 5K and/or 10K in a 50 meter pool. Fall is the 3000 and/or 6000 Yd postal, swum in a 25 yard pool.

Think of these programs as a benefit of motivation to get to the pool, regularly; as a challenge to evaluate your personal skills and training and as competition against yourself.

## **Blue Wave Masters:**

Keith Burbridge participated in the Dixie Zone SCY Championships, Feb15-16, in Clearwater. Keith swam 10 events, age group 75-79. Top finishes include 3rd in 50 and 100 Back, 500 Free. He finished 2nd in the 1000 Free.

Keith also competed in the St. Pete Masters SCY Championships, March 28-30. He swam 9 events. Top finishes were 1st in the 50 Breast, 2nd in the 100 and 200 Breast.

Sue Moucha hopes to be participating in events by May. She severed her Achilles tendon in her good leg (left) in early January in a freak accident. Sue had surgery. She spent 5 weeks in a wheelchair, 3 weeks with a walker, and 1 week with a cane. Sue "loved it" when she was able to get back in the water after 7 weeks. Every day gets better and better. She would like to thank everyone for their thoughts, emails and cards during her recovery.

## **Florida Mavericks:**



Jean Troy, 81, continues on her record breaking pace at the St Pete SCY meet, in March. There are no World records in SCY, only National. Troy set new standards in the 1650 Free, 28:54.13, 1000 Free 17:20.18 and the 500 Free, 9:26.37. She was featured in the April issue of SWIMMING WORLD, as one of the top six female Masters swimmers, for 2007.



Jean Troy - 80

Many swimmers are ready to hang up their speedos after they graduate from high school or college swimming. Masters swimming provides an opportunity to swim for life, whether it be for fitness, competition or camaraderie, and provides an incentive for older swimmers to once again share in the excitement of competition.



1954 - U of Miami team mates

In 1953, Ralph Johnsen and Charles Weatherbee were young freshmen on the University of Miami swim team. In 1954, the Batista regime invited the team to Havana, Cuba, to swim against the Cuban All Star Team. They flew across the Caribbean in a Cuban army twin engine plane. The pool they competed in was filled with sea water, which made it difficult to see. The pool was UNDER the gymnasium floor, which was retracted to expose the pool. After the meet, they were honored at the race track, and one of

the races was named after the Miami swim team. One night, they were treated to a free dinner and show, at one of the finer nightclubs. They were taken on tours of Havana and the surrounding area, including several Cuban favorite rum factories.



*2008 - Ralph Johnson & Charles Weatherbee  
Still handsome; not as skinny.*

At the meet, Weatherbee met a nice young lady. The next day, he visited her on the other end of the island. "I ended up spending a wonderful day with lovely Pillar. When the team returned to the hotel, from their bus tour, I was there and nobody was the wiser." The picture, right, was taken during that trip. According to Weatherbee, "Ralph and I are the two handsome (skinny) guys at the top back row." Now, as 75-year olds (below, with inserts from 1954), and the youngest in their age group, they are once again swimming team mates. They made their debut at the

Clearwater meet, in February. They swam on the same relays, and one of them, thought he could still "shave the start," as in the old days. That's what the referee thought who DQ'd their relay. Watching the two of them talking and laughing, you could see they were once again enjoying the camaraderie within the swimming community. On March 1-2, they competed at the Hall of Fame pool, in Ft Lauderdale. Johnson was ecstatic, "All my times were faster than at Clearwater!" Weatherbee's memorable swim, "I had a good 400 IM, and broke Paul's Maverick record."

Johnson lives in nearby Boca Raton, so the two swimming buddies spent the weekend, reminiscing. He brought out a box of old, faded pictures, and they relived many happy memories from their college days. They're already planning more trips, more meets, more fun.

Paul Huting, Club Representative

### **Sarasota YMCA Sharks Masters:**

The weekend of March 29/30 was a busy weekend for the Sharks and typified what the team is all about. Twenty-three competed in the St. Pete meet with our own Hall of Famer Bumpy Jones setting five new USMS National records for men 75-79. Also earning high point awards were Bev Gnerre, Paul Butcher, Jan Soderstrom, Laura Hamel, Gary Trimble and of course Bumpy.

On Sunday 13 Sharks volunteered their time at "Giving Hunger the Blues" which raised over \$100,000 for children's charities in Sarasota. those volunteers were Linda Riley, Stacey/Gary Howle, Karen Saef, Allison Tolpa, Terri Goodman, Danette LaFrance,



Susan Hallock, Linda Showalter, Ellen Bennett, Melissa Varlas, Larissa Carmichael and Jay Lockaby.

Congratulations to SYSM swimmer Mark Drennen who was named the outstanding pool swimmer for 2007 by the Florida LMSC. Jerry Dawson and Rick Walker were also recognized as Top 5 performers.

Please plan on joining us in Sarasota for the **Bumpy Jones Classic** LCM meet June 14-15.

**SHARK WEDDING** It's 5 O'Clock Somewhere!!!

Steve Butler & Agnese Ozolina Come celebrate with us...the joining of two Sharks in holy matrimony by the one and only...Mr. Tony!

- When: **THIS SUNDAY** March 30th @ **5:00pm** (Not April Fools Day!!!)
- Where: Big Pass Sand Bar (Between Siesta and Lido Key)
- Attire: Swimsuits & Towels preferred (Ultimately. ..It don't freakin' matter!)
- Transportation: Get there however you can (by boat, kayak or swim)
- Dining: We'll bring the beer and the bait!

For those who don't have access to water transport or who can't swim...

Join us later (approx 8pm) at the Daiquiri Deck...First Round's on US!

No gifts welcome...no exceptions!

A more traditional reception to follow...sometime after Ironman Arizona!

We just couldn't wait!!!



Group Shot



Maid of Honor Laura Hamel, Bride Agnese, Groom Steve, Best Man Rick Walker (who also gave her away)



Bride and Groom and Minister, fellow swimmer Tony D. Wedding of Steve Butler and Agnese Ozolina from SYSM Swim Team on a sandbar off Siesta Key.

## **The Original Sarasota Masters Swim Team:**

Congratulations to **Deb Walker** for becoming an **Open Water/Long Distance All-American** for 2007 in the 55-59 age group!!



**Helen Vetter, Vicki Meyer and Bob Coulter** have recently attended some senior meets to give themselves some additional “meet experience” before this upcoming summer meet season.

Several team members went to the St. Pete meet...**Deb Walker, Helen Vetter, Cynthia McGarvey, Roy Ingham, & Jim Donnelly**. Every one of us swam on one or more relays for **FACT!** Helen Vetter even swam the 200 Fly!!



A contingent from our team will be competing in the **Y Nationals** in May and of course the **Bumpy Jones Classic** in Sarasota in June.

We **Sarasota** swimmers are blessed with the opportunity to swim in 5 different pool facilities here in town. Two indoor 25 yard pools, 2 outdoor 50 m pools and a 25 m pool right on Lido Beach! We make use of all of them depending on the days and the weather!

Robt. Davie-Long Beach Grunions/Deb Walker-Sarasota Masters

## **St. Petersburg Masters Swimming:**



The St. Pete Masters hosted the 38<sup>th</sup> Annual Short Course Yards Championship Meet March 28-30. Beautiful weather, a new scoreboard, fast swimming and tons of volunteers made this years meet a huge success. In addition to fast swims, the meet also raised money through the sale of raffle tickets to support the McLin summer swim program. Fifty-two of SPM members entered the meet and contributed to the first place finish and combined team score total of 2,058 points.

Individual age group winners were recognized with the coveted high point towel awards. Congratulations to first place age group winners: John Doolittle, Charlotte Petersen, and

Judy Humbarger; Second place age group winners: Genoa Fedyszyn, Eric Herman, Ron Collins, Tim Kennedy, JoAnn Harrelson, and Sandy Steer; Third place age group winners: Sarah Swoch, Chris Swanson, Bill Spect, Pam Geiger, Gary Bastie, Peter Betzer, John Cox, and Bob Beach.

Many swimmers turned in personal best times and a few set new records. Ted Bradley (18-24) set a new Florida and Dixie Zone record in the 200 backstroke (1:56.54). Charlotte Petersen (40-44) set a new Dixie Zone and Florida record in the 1650 Free by going 18:34.87. Diane Williams (65-69) broke the Florida 50 Free record with a very fast 32.89. Last, but certainly not least, Judy Humbarger (55-59) had an unbelievable meet. She set new standards for Florida in the 100 Back (1:13.72), 200 IM (2:42.03) and 500 Free (6:30.67) and broke the Florida and Dixie Zone records in the 50 Back (33:86), 400 IM (5:51.39), 100 Fly (1:11.33) and 50 Fly (31.65). Congratulations to these four swimmers on their accomplishments!

Once again this year SPM will host the annual Hurricane Man swim May 10, 2008. Race day includes the 2.4 mile Hurricane Man course and the 1000 yard Pass-a-Grill swim. Entries must be postmarked by April 30! Visit our website for more information about upcoming events.

### **SUN Masters & FACT:**



Sun Masters are saddened by the loss of Beverly Tucker a great friend and fellow swimmer. She will be fondly remembered by the many she touched in her long affiliation with Masters Swimming.

Betty Lorenzi broke the National Record for short course yards in the 100 and 200 back at the Valentine Meet with times of 1:37.89 and 3:32.40. SUN team members in the top three for High Point awards are First Places: Nancy Durstein and Elliott Schofield, 2nd places: Joan Campbell & Betty Lorenzi. Other SUN swimmers competing when not working as volunteers at the meet, were Janet Shellenberger, Marianne Bradley, Florence Delaney, Clayton Keller, John Cornish, Steve Hunt, Jerry Napp, John Marzulli, Paul Polgar and Don Puchalski.



A big thank you is due for Don Puchalski, Joan Campbell and Marianne Bradley for being the Meet Directors for the Valentine Meet 2008, and also to the many volunteers

who helped us extensively with Timing, Hospitality, and general swim meet duties. We could not have such a successful meet without the help of all of you.

Most of all SUN Masters would like to thank Coach Joe for all his hard work planning and running this popular event. Joe Biondi is truly one of kind. He has a talent for

bringing out the best in his swimmers. His dedication to the sport of swimming and his insightful ability to coach all levels and ages has made Coach Joe Biondi known throughout the swimming community.

Mark your calendar for next year's event which will actual fall on Valentine's week-end.

### **St. Pete Championships March 28-30:**

Betty Lorenzi broke her own two records she set at the Valentine meet with two new USMS SCY records. She set National records. Her 100 Back time was 1:36.88 and her 200 Back time was 3:30.09. She also took 2nd place High Point after the Mavericks Jean Troy, another World Champion!! Go Betty! All of our swimmers at the St. Pete meet, took either First or Second High Point. First Places: Marianne Bradley, Joan Campbell and Don Puchalski. Second Places to Florence Delaney, Nancy Durstein and Elliott Schofield. SUN Masters women took 3<sup>rd</sup> place .Congrats to all, and especially to Elliott who has returned to competition after some bad health challenges in 2007!! .

### **One Hour Postal Swim**

Betty Lorenzi won and Joan Campbell took a third - Nancy Durstein and Don Puchalski took fourths. Nancy Durstein, Joan Campbell and Betty Lorenzi set a new National Record for the Women's Relay for the Hour Swim 75 and over - broke the old record held by New England Masters since 2000 by 440 yards!!

Our coach Joe Biondi will be holding various Swim Clinics this year, so if you are interested, contact Joe at [jbiondi3@tampabay.rr.com](mailto:jbiondi3@tampabay.rr.com) or 727-725-9978. He has already scheduled raining swims for open water events - Suncoast Triathlon and San Key Triathlon. If you're interested, sign up early - the slots fill up quickly

### **Mark your calendars!**

#### **April 26, 2008- St. Anthony's Triathlon**

**Roz Randall** will be competing again this year in this well known Olympic Distance Triathlon which is noted for it's challenging swim leg

Followed by a 24.8 mile bike and a 6.2mile run...

#### **May 15-18 / SCY: YMCA Masters Nationals. Ft. Lauderdale FL**

**Elliott Schofield** is planning on going to the Y Nationals. He is back in the pool after numerous serious medical problems last year and recently competed at the annual Valentine's Meet. He will be joined by **Joan Campbell, Betty Lorenzi, Marianne Bradley, Florence Delaney, Nancy Durstein, Don Puchalski.**

#### **Aug. 14-17 / LCM: USMS National LCM Championships. Mt. Hood OR**

**Joan Campbell** will join **Betty Lorenzi** this years' SUNF at the Long Course Nationals in Mt. Hood, Oregon.

### Upcoming Events:

#### Long Course Meters

- **June 14-15 / LCM:** Bumpy Jones Classic. Sarasota, FL
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- **June 27-29 / LCM:** June Krauser Summer Splash. Ft. Lauderdale, FL. *Entry deadline: received by Monday, June 23.*
- **June 28-29 / LCM:** **Dixie Zone LCM Championships**/Team Greenville LC Championships. Greenville, SC. *Entry deadline: received by Monday, June 16.*
- **July 12-13 / LCM:** St. Pete Masters Long Course Championships. St. Petersburg, FL. *Entry deadline: received by Friday, July 4.*
- **July 26-27 / LCM:** Cocoa YMCA Long Course Meet. Cocoa, FL. *Entry deadline: postmarked by Tuesday, July 16 (late entries received by July 19 accepted with extra fee).*
- **Aug. 14-17 / LCM:** **USMS National LCM Championships.** Mt. Hood, OR

#### Short Course Meters

- **Nov. 16 / SCM:** Bridge the Bay Meet I. Sarasota, FL
- **Nov. 23 / SCM:** Bridge the Bay Meet II. St. Petersburg, FL

#### Short Course Yards

- **Sept. 20 / SCY:** Central Florida Marlins Meet. Ocala, FL

#### Open Water/Postal

- **2008 Florida Open Water Championship Series** (*not a separate meet*): open to all USMS Masters.
- **May 10 / OW:** Hurricane Man and Pass-A-Grille Challenge (2.4 miles & 1000 meters). St. Pete Beach, FL. *Entry deadline: postmarked by Wednesday, April 30. This event is USMS sanctioned.*
- **May 15-Sept. 15 / Postal:** 5K/10K Postal Championship. Central Oregon Masters Aquatics.  
Bob Bruce, 541-317-4851, [coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com).
- **May 17:** Clearwater Beach Patrol Ocean Mile (1-mile). Clearwater, FL. *Entry deadline: online entry closes May 16. This event is NOT USMS sanctioned.*

- **May 24:** Ed Gaw Amelia Island Open Water Challenge (1-mile & 5K). Fernandina Beach, FL. *Entry deadline: online entry closes May 21. This event is USMS sanctioned.*
- **May 31-June 1:** Open Water Festival (1-mile & 10K). Fort Myers Beach, FL. *Entry deadline: paper--received by Friday, May 23; online--received by Monday, May 26. This event is USMS sanctioned.*
- **June 14 / OW:** (Change: new date) USMS 10K Open Water Championships. Clemson, SC. *This event is USMS sanctioned.*
- **June 21 / OW:** Key West Community College Swim Around Key West (12.5 miles). Key West, FL. *This event is USMS sanctioned.*

### 2008 Open Water Festival:

#### Fort Myers Beach, Florida ~ May 30-June 3

##### Fri., May 30

- 1:00 p.m. USA Swimming 5K Open Water National Championship
- 7:00 p.m. Sunset Aquathon Sat., May 31
- 9:00 am. Florida Swimming LSC 1,000-yard 10&U Open Water Junior Olympics
- 9:30 am. Florida Swimming LSC 1500-meter 11-14 Open Water Junior Olympics
- 10:15 am. Florida Swimming LSC 2.5K Senior Open Water Championships
- 12:00 p.m. *Masters Mile* & Florida/Florida Gold Coast LMSC Challenge
- 7:00 p.m. 1-Mile Sunset Open Water Dash-for-Cash

##### Sun., June 1

- 8:00 am. 10K Open (*USA Swimming & USMS*)

##### Tue., June 3

- 8:00 am. USA Swimming 25K Open Water National Championships

#### Convention

- **Sept. 24-28:** (*not a meet*): USMS Convention. Atlanta, GA.

**(Florida LMSC Newsletter - May 2008)**