

# Florida LMSC Newsletter

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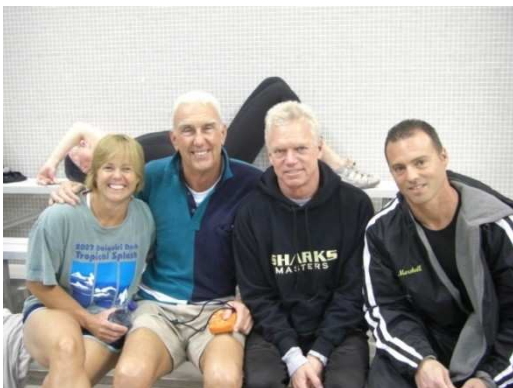
## Florida LMSC Swimmers Excel at SCY Nationals

The Short Course Yards (SCY) Championships were held at the Texas Swim Center of the University of Texas in Austin, Texas. Thirty-six swimmers from six teams participated. Bill Specht (SPM) placed first in three events: the 50, 100, and 200 yard butterfly. His time in the 50 butterfly was 24.36! The Florida LMSC brought home three gold medals, six silver medals, and five bronze medals!



Many Florida LMSC swimmers entered the freestyle events. **Glenn Woodsum** (FACT) placed second in the 100 freestyle and third in the 50 and 200 freestyle. **Janet Crisp** (FACT) captured fourth place in the 100 freestyle and fifth place in the 200 freestyle. In the 1000 freestyle **Mark Calvert** (FACT) placed fourth, **Ellie Trevison** (FACT) placed fifth, **Rick**

**Trevison** (FACT) placed fourth, **Ellen Bennett** (SYSM) placed fourth, and **D. Scott Wells** (EAJM) placed third. **Martha Henderson** (FACT) won fourth place in the 200 freestyle and **Jerry Dawson** (SYSM) won fifth place in the 200 freestyle. **Rick Walker** (SYSM) captured third place in the 1650 freestyle, fourth in the 500 freestyle, and fifth in the 200 freestyle. Wells placed fourth in the 200 freestyle and fifth in the 500 freestyle, and **Dean Dye** (SYSM) won third place in the 1650 freestyle.



Left to Right - Ellen Bennett, Dean Dye, Rick Walker and Marshall Pepe

Other noteworthy performances included second in the 50 and 100 backstroke by **Bill Specht**. In the 50 backstroke, **Deanna Doyle** (SYSM) won fifth place and **Jay Lockaby** (SYSM) won fourth place. In the Backstroke Dean Dye placed fifth in the 50 and second in the 200.

In the 200 breaststroke Crisp captured fifth place, Henderson won second place in the 50 and 100 butterfly, Lockaby won fourth place in the 200 butterfly and **Kevin McCormack** (SYSM) captured fifth place in the 50 butterfly and fourth place in the 100 butterfly.



*Left to Right- Julie Lindblad, Laura Hamel, Kelley Carpenter and Deanna Doyle*

In the IM events Henderson placed fourth in the 200 IM, and Bennett placed fifth in the 400 IM.

The Florida LMSC participated in five relays. FACT placed thirteenth in the men's 45+ 200 medley relay (Calvert, **Carl Hawkins, Timothy Carroll, Woodsum**). Also, FACT won fifteenth place in the men's 45+ 200 freestyle relay (Woodsum, Hawkins, Carrott, Calvert) and the mixed 55+ 200 freestyle relay (Carroll, Henderson, Crisp, Woodsum). EAJM captured seventh place in the men's 45+ 200 medley relay (**Michael McCann, Gary Ross, John Herndon, Wells**) and twelfth place in the men's 45+ 200 freestyle relay (Wells, McCann, Herndon, Ross).

Other LMSC swimmers at SCY Nationals were **Julie Lindblad** (SYSM), **Laura Hamel** (SYSM), **Paige Dean** (SYSM), **Kathy Fedako** (SYSM), **Kelley Carpenter** (SYSM), **Karleen Dawson** (SYSM), **Marshal Pepe** (SYSM), **Bill Brenner** (SYSM), **Thomas Cornell** (SYSM), **Megan Lawrence** (CATM), **Kristen Schouten** (CATM), **Ryan Bried** (CATM), **Jean Henne** (WIN), **Stepan Oliva** (WIN), **Tomas Oliva** (WIN), and **Brian Voisard** (WIN).

The team results were as follows: CATM - 139th place, EAJM - 103rd place, FACT - 46th place, SPM - 81st place, SYSM - 40th place, and WIN - 120th place.



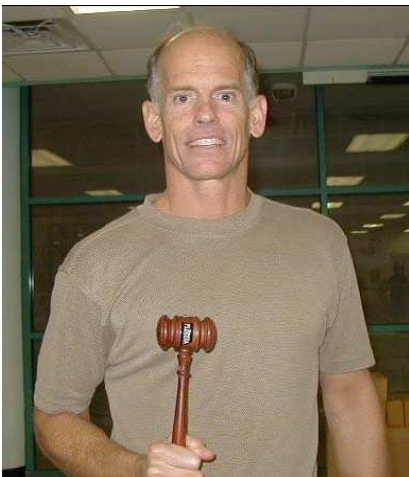
*Left to Right - Marshall Pepe, Laura Hamel, Rick Walker and Ellen Bennett*

*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 Austin, Texas to represent us!*

**Swim Trivia: Question:** What new swimming events will take place at the 2008 Summer Olympics on August 20, 2008 and August 21, 2008?

**Answer:** The new marathon 10km events.

Source: [http://en.wikipedia.org/wiki/Swimming\\_at\\_the\\_2008\\_Summer\\_Olympics](http://en.wikipedia.org/wiki/Swimming_at_the_2008_Summer_Olympics)



## **Messages from your Chairman:**

Dear Florida LMSC Members,

Being the Chair over the past several years has been an opportunity to give, support and encourage our Florida LMSC members. It has been a distinct honor and privilege to have served you during this time. As with any organization it takes team work to make things happen and the board of directors have done their part in facilitating the whole process. It has been a real blessing to serve with each of them and to know that most of

them will continue on in taking us into the future. With that said I will be stepping down as Chairman of the FL LMSC and I am extremely pleased that Meegan will potentially be taking on my position, since she is running for chair in our October elections. She has served in nearly every LMSC position and has a vast knowledge of the inner workings of the entire USMS. Meegan is an excellent candidate for Chairman of the Florida LMSC and I highly recommend her.

One of the things that has been a high priority to me has been to bring unity to the FL LMSC. I have worked closely with many members over several issues to facilitate resolution, consensus, and unity. There have been issues in the past that have created turmoil and division and it is my desire this would cease! We are a volunteer organization whose aim should be to that of fulfilling our mission statement - facilitating each members experience of the overall benefits of masters swimming (paraphrased). There will always be differences and my request is that we ALL aim toward issue consensus while keeping the big picture in view. Individuals and club's will have their own agenda's, that is normal, just please consider the far reaching affects/impact of your pursuits. Keep the BIG PICTURE in view as you launch your own programs and consider OTHERS. Our LMSC needs to respect the members in other LMSC'S and our clubs need to respect the members in other clubs! If you are in a position of leadership you are the ones who need to make unity an even greater priority. As leaders we should NEVER be self serving! If our perspective/aim is not to SERVE the greater good of the LMSC then we shouldn't lead. Even more, maybe we shouldn't be in leadership! Let's make swimming fun for all and not just our LMSC, our club or just ourselves! We each have much to offer, let's let others benefit by our efforts!

We have come a long way during my time in office and it is my desire to see the Florida LMSC be the model for all the others in the USMS! Thank you for listening to my thoughts over the years and letting me serve you!

Serving,

Tom Bliss  
Chairman, Florida LMSC

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newsletter is published  
in February, May,  
August & November*

## **CURRENT NOMINATIONS FOR LMSC OFFICERS AND DIRECTORS**

The following slate of officers were presented at the second Florida LMSC meeting held in Cocoa Florida on July 26, 2008. Elections will take place at our annual meeting in October. Please check our website, [www.floridalmsc.org](http://www.floridalmsc.org), for meeting time and agenda.

### **For Chairman: Meegan Wilson**

Meegan has expressed a desire to run for Chair during the next term. We are fortunate to have her LMSC experience in many facets of USMS to call upon. She has been Treasurer of the Florida LMSC since 1999, Secretary for 3 years prior and Chair in 1994. She has also been a delegate to the USMS Convention for the past 7 years and is presently a member of the USMS Legislation Committee and vice chair of the History and Archives Committee.

### **For Secretary: Victor Buehler**

Victor Buehler is seeking reelection. He serves as the chair of the LMSC by-laws revision committee and has been and is the USMS Convention Coordinator. As LMSC secretary he has worked to improve the accuracy and quality of the meeting minutes.

### **For Treasurer: Jim Stine**

Jim's addition to our slate affords us a continuance of really professional leadership. He has previously done an internal audit for our Florida LMSC and is therefore familiar with our accounting procedures. Jim has a background of 30 years as a CPA, with extensive experience in Public Accounting and Private Accounting as well as audit, tax, write-up, business valuation and forensic account.

Please notify the Nominating committee if you wish to add your name to the qualified list already presented. Any further nominations may be made from the Floor at the annual meeting.

The Nominating Committee,

Joan Campbell  
Patty Nardozi  
Gary Trimble

### **For Registrar: Meredith Moore**

Meredith is seeking reelection to this position, which has been MOST challenging since she became the Registrar for the Florida LMSC two years ago. She had been through the transition to On-Line Registration and says "every day is a new experience".

### **For Sanctions: Sue Moucha**

Sue Moucha is seeking reelection. Sue has held this position for the Florida LMSC over the past 4 years and has been a delegate to the USMS convention for the past three years. She is an enthusiastic member of the Team and has an excellent background in office administration and physical education.

### **For Records/Top Ten: Marly Wilson**

Marly Wilson has stepped in as Records/Top Ten Recorder over the past several months when Livia Zien had to step down. She is doing an exemplary job and wishes to formally seek election.

### **For Newsletter Editor: Jason Brauer**

Jason Brauer, with an excellent background in computer graphics and design, has been the interim newsletter editor, assisted by Flavia Zappa, for the past two newsletters and is well qualified to act as Newsletter Editor.

## **From the Officials Chair - Charlie Kohnken:**

You arrive at the big meet. Then you check in. Then you settle in the spot where you will park yourself during the meet. Time to warm up.

The announcement is broadcast that the competition pool is closed for warm-up.

Please rise and gentlemen please remove your hats while we play the Star Spangle Banner. These are the preliminary events that take place before the meet. The Meet director, with the help of many volunteers, has arranged for you to have a successful meet. At this point in time, the meet is turned over to the Referee. That Official is in charge of the deck for the rest of the meet.

Look over the deck. You will see the Referee, the Starter, and two or three Stroke and Turn Officials at each end of the pool. To run a Masters' meet you must have at least two certified Officials. With two officials you have a poorly run meet. A set of six to eight Officials and, in a long meet, several for relief are needed. Where do you find these certified Officials?

Masters doesn't have a certifying process in place at this time. By sometime next year there may be a procedure in place to certify Masters' Officials. The procedure would have to be implemented at the LMSC level. In order to implement this procedure we will need trainers and also a lot of volunteers who want to become Officials. I'm not qualified to be a trainer at this time. I have just received my Deck Referee Certification and will have to get Administrator Referee Certification.

So where do we get Officials to run meets? I am certified with USA Swimming and the Florida LSC. We can also get Officials with YMCA and High School Certification. I would like to suggest that if you like to Officiate you could do it now through your local LSC Club Team. That way you would be helping the Local LSC Club. Each club in the LSC is required to have a number of Officials in accordance with the number of swimmers in the club.

Now the Referee blows a series of short whistles. That means swimmers get ready to get on the blocks. Then you hear a long whistle. Get on the blocks. With everyone on the blocks, the Referee turns the start over to the Starter. Take your mark. \_\_\_\_\_ Beep. Your off.

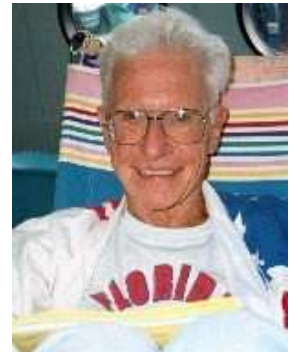
Now the Stroke and Turn Officials, along with the Referee, will observe the swimmers to see that they do the stroke and turn properly. If there is a disqualification, the Official will raise his hand and then radio the DQ to the Referee. The Official at the turn end would be instructed to inform the swimmer. If you are disqualified, listen to what the Official tells you. Don't question the Official. If you don't understand what he said repeat it your coach or some knowing swimmer. The Official has to get ready for the next heat. You may, at some later time, discuss it with the Referee, but not with the Official that made the call.

In this article I wanted to let you know what it takes to run a meet. The Meet Directors and their Volunteers do a great job. I also wanted to tell you about Officiating. Until we get Masters' Certification, if you decide to Officiate at the LSC level, you will find it rewarding as you watch young swimmers progress and even make the Olympics.

## **Ask the Swim Doctor - Paul Hutinger!**

**Question:** I want to live at least ten years longer than my statistical age. Will exercise help my aging potential? How much swimming is needed for health benefits?

**Answer:** Research in the past 30 years has keyed in on the effects of exercise on the decline of physiological performance. A recent study in biological aging has been a result of an increase in technology. Dr Tim Spector, a professor of genetic epidemiology at Kings College in London, published his study in Jan, 2008, in the "Archives of Internal Medicine." He used telomeres from white blood cells, collected from 2,401 twins participating in a long-term health study. He examined whether there was a relationship between the subjects' telomere length and how much exercise they did in their spare time, over a ten year period. The telomere length was a marker of the rate of biological aging. Exercise appears to slow the shriveling of the protective tips on bundles of genes inside cells. Telomeres cap the ends of chromosomes, the structures that carry genes. Every time a cell divides, the telomeres get shorter. When the telomeres get too short, the cell can no longer divide. Scientists believe that aging occurs as more and more cells reach the end of their telomeres and die--muscles weaken, skin wrinkles, organs fail, eyesight and hearing fade and thinking is clouded.



The results of Dr Spector's study demonstrated that the length of the twins' telomeres was directly related to their activity levels. Subjects who did a moderate (100 minutes a week) of tennis, swimming or running, had telomeres that on average looked like those of someone about five or six years younger than those who did the least, (about 16 minutes a week). Those who did the most (about 3 hours a week) of moderate to vigorous activity, had telomeres that appeared to be about nine years younger than those who did the least. The researcher put it into a gradient, so that as the amount of exercise increased, the telomere length increased. This study was done with twins, so individual differences were held to a minimum. However, his study did not address what happens to the telomeres of people who are sedentary for years and later on begin to exercise. This basic study at the cellular level, opens up many interesting possibilities for the future.

Readers need to keep in mind that both at the cellular and physiological level, if you train regularly, even at the recreational level, you are affecting the aging level of your body, in a positive manner.

Starting in 1970, as a doctorate student (age 46), I had the opportunity to collect a full range of physiological measurements, such as O2 uptake, max HR, lung volumes, as well as my times from six events I swam in early Masters Meets, through the 1980's. I took lab tests every year and 16 years later, at age 62, made comparisons.

- **AVERAGE NON-EXERCISERS** decline an average of 1% per year.
- **MY RESULTS**, from training an average of 2000 yds, five days a week, demonstrated I only declined 1% every five years, or 9.9% during these 16 years.

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

## **Gold Coast LMSC defeats Florida LMSC in open water challenge:**



The Florida Gold Coast LMSC swam past the Florida LMSC in the first FG-FL LMSC One Mile Open Water Challenge on Saturday, May 31, on Fort Myers Beach. The overall winner was Florida Gold Coast LMSC's **Ricardo Valdivia** with a time of 19:51. Valdivia also won the Masters 10K Open the following day. Second overall was Gold Coast's **Jonathan Olsen** with a time of 21:00, followed by Florida LMSC's **Jennifer Willis**, the women's overall winner with a time of 21:53, and Gold Coast's **Sean Frampton** in 22:49. Coach **John Grzeszczak** accepted the traveling trophy for FGC, which will defend its title and bragging rights next year.

The FG-FL LMSC Challenge was one of nine events staged during the five day Open Water Festival. Other events included the USA Swimming 5K and 25K National Open Water Championships and 10K Open, the Masters 10K Open, Florida Swimming Open Water Junior Olympics, Florida Swimming Open Water Senior Champs, the One-mile Dash-for-Cash with both pro and amateur divisions, and the Sunset Aquathon (1-mile run, 1/4-mile swim, 1-mile run).

In the 10K Masters Open on June 1, Valdivia was the overall winner and actually passed all but three of the 10K USA Swimming entrants whose start was two minutes earlier. **Julio Fuentes** (Key Biscayne) was second, **Tom Schwartz** (Sarasota) third, and **Carlos Lloreda** (South Miami) fourth.

In the women's 10K Masters Open, **Lisa Squires** (Miami Beach) was first, **Kristin Larsen** (Royal Palm Beach) second, **Amanda Hunt** (Naperville IL) third, and **Kim Terpak** (Fort Myers) fourth.



The **Florida Mavericks** recently held their 11th Annual Awards Dinner on the 4th floor of The Pier, at the Columbia Restaurant. It was a scenic location, high above the pier at St Petersburg, with a panoramic waterfront view of Tampa Bay and sailboats drifting by.

Coach Hutingler reminded the group, "From the beginning, November, 1996, the essence of the Mavericks is to offer swimmers the opportunity to participate in a lifelong fitness and/or competitive swimming program." With the inception of special awards for the USMS Go the Distance program, we were able to recognize our eleven participants with patches, swim caps and certificates. On the competitive side, we had 16 World Record and four additional National Record individual swims, plus one National Record relay. Thirty-nine members received a USMS Top Ten ranking, with 19 being All Americans.

The Maverick award for achieving a USMS All American (1st place in an individual or relay event) or Top Ten (2-10) ranking) was a tote bag, with the same logos as on the new Maverick t-shirt. In addition, each swimmer received a certificate including all of his/her achievements.

Special awards presentations included: Elmer Luke Award for overcoming adversity, **Marianne Vann**; Outstanding Pool Swimmer, Female, **Jean Troy**; Outstanding Pool Swimmer, Male, **Brud Cleaveland**; Most Improved, **Gregory Rotole**; Dave Malbrough Award for long distance, **Doris Prokopi**; Dakota Eliason Award for fitness, **Stephen Everhart**; the Bill Volckening Award for the web architect, **James Christie**; and the Frogley Award for the most top ten rankings, 45, **June Reynolds**. Coach Hutinger's thought for 2008, "To accomplish great things, one must not only act, but dream." Whatever your goals for 2008, dream on..... Paul Hutinger, Club Rep



Eight **FACT** members traveled to Austin, Texas for USMS SCY Nationals. The combined team placed 46<sup>th</sup> of 157 teams - the women's team was 36<sup>th</sup> of 107 and men 68<sup>th</sup> of 131. Stellar performances were turned in by **Janet Crisp**, 65 - 4<sup>th</sup> in the 100 free, 5<sup>th</sup> in the 200 free and 200 breast, 6<sup>th</sup> in the 500 free; **Ellie Trevison**, 65 - 8<sup>th</sup> 200 free, 9<sup>th</sup> 500 free, 5<sup>th</sup> 1000 free; **Martha**

**Henderson**, 71 - 2<sup>nd</sup> in the 50 and 100 fly, 4<sup>th</sup> and 5<sup>th</sup> in the 200 and 100 IM, 6<sup>th</sup> in the 100 back. **Mark Calvert**, 48, turned in good performances in the 50 free (23.16) and 100 free (50.77); the 500 free gave him a 7<sup>th</sup> and 4<sup>th</sup> in the 1000. **Carl Hawkins**, coming back after rotator cuff injury, did a great time in the 50 free and 50 back. **Tim Carroll**, 56, took care of the relays (thank you) and bettered his time in the 50 breast and good time in the 50 fly. **Glen Woodsum**, 65 - turned in great performances - 2<sup>nd</sup> in the 100 free and 3<sup>rd</sup> in the 50 and 200 free. **Rick Trevison**, 65 - 4<sup>th</sup> in the 100 free. Our Mixed Free Relay took a 15<sup>th</sup> and the Men's 200 free and medley relays took a 15<sup>th</sup> and 13<sup>th</sup> respectively - and respectfully! Right on their seedtime in a large competitive field. Let's see if we can increase our group at the Long Course Nationals in Gresham, OR in August. Joan Campbell will be there along with Betty Lorenzi.

On the World Scene - **Karl Wiedemann**, 70, was THE star performer, setting 3 WORLD RECORDS in the 50, 100 and 200 breast. Fantastic, Karl, and congratulations! **Robert McDonald** captured gold in the 50 butterfly, 80+, and **Margit Jebe** took second in the 50 and 100 breast and the 200 IM - all with an injured knee from a fall BEFORE her events. The mixed medley relay of Margit, Karl, Robert and **Betty Lou Tucker** took an 8<sup>th</sup> and the free relay (Fred Wakelin in place of Karl) took 11<sup>th</sup>. Great swimming everyone.

Many of us swam at the Y Nationals in Fort Lauderdale with various YMCA teams - results available on the [ymcaswimminganddiving.org](http://ymcaswimminganddiving.org). You'll need name recognition but the individual times are all eligible for USMS Top Ten. Relays are a different story, since their make-up is most often comprised of members of different USMS registered teams - an example of what FACT was attempting to do by registering our National competitors on one team. Outstanding was **Deb Walker**'s USMS National Records in the 100 and 200 breast (she went on to set same records at the Bumpy Jones Meet Long Course!) She claims she had a dry spell but she sure is getting "wet" now - her comment "you may go in a slump for a while, but perseverance pays off, and you will reach your goals! Just keep plugging." She and Dara Torres must be on the same page!!

Monthly FACT news can be found on the Florida LMSC and Dixie Zone websites simply by clicking on FACT.





In all, **MOO** sent 14 swimmers to the National meet. While you can't exactly say anyone is udderly old on the men's MOO team, the senior members who come in at a young 49 years-old, **Tom Seibert** and **Wayne Baker** also had 8 top ten finishes between the two of them. Helping the men take first in 2 relays and second in the 3<sup>rd</sup> were **Mark Kowalak**, and **Steve Laugen**.

As for the cowgirls, they also made the moooooost of the meet. **Theresa Szakos**, 24, placed second in the 200 back while **Erin Crabtree**, 28, placed third in 200 back. **Ryan Hall**, 28, placed third two times and fourth in five different events. **Kathleen Fitzgerald**, 54, Szakos, **Jackie Spence**, 27, and Hall, placed fourth in the 200 free relay.



The previous week MOO swimmers found the moooootivation to place first at the Hurricane Man open water swim in St. Pete. Placing 1st overall for the women in the 1K event was **Ryan Hall** (16:05). 1st place overall for the men in the 1K division was **John Schrantz** (15:42). The 2.4KM race was won by **Kristin Rygg** (57:29) for

the women. Second overall for the men and 1st in his age group **Sean McCormack**. **Kathleen Fitzgerald** took 2nd place in her age group. More than 300 swimmers participated in the open water race on May 10th.



The summer months have found many **Sarasota Masters Swim Team** (SARF) members up north or planning vacations elsewhere.

**Helen Vetter** and **Lucey Malone** recently spent a week scuba diving off Little Cayman Island enjoying the gorgeous 200 foot visibility while watching the various fish up close. The highlight of their dive was being able to pet Nassau groupers. Scuba diving somewhere exciting has become an annual trip for Helen and Lucey when they're not swimming for Masters or kayaking. Helen also volunteers with the Special Olympics and at The Pines Nursing Home.

**Roy Ingham** took his annual train trek out to the state of Washington where he'll continue his summer swimming before his return in the fall. **Vicki Meyer** will highlight her summer in Michigan by doing the swim portion of a triathlon with her two daughters. This will be a first triathlon for Vicki.

In June, our team member enjoyed Deb's Team Practice/Clinic with meet prep and fun relays. We met for a good warm down at Shaner's restaurant afterward. After a long, dry spell, **Deb Walker** is back! She set two breaststroke short course USMS National Records at Y



Nationals at Ft. Lauderdale in both the 100 and 200, and two more in the same events in long course at the Bumpy Jones Meet at the Sarasota Y. That's four National records set in just a few weeks. This is a good example for all of us. Deb says "you may go in a slump for a while, but perseverance pays off, and you will reach your goals! Just keep plugging."

Deb Walker has agreed to coach at Arlington for the summer months until a replacement is found for the fall. We swim Monday-Wednesday-Friday 8:00-9:30 AM. Swimmers go anywhere from 2500 to 3500 yards, with interval training and stroke technique. It's FUN!

Swimming some good times at the Bumpy Jones Meet in June were **Bob Coulter, Edna Gordon, Jim Donnelly, Deb Walker, Ellie and Rick Trevison, Barbara Wear, Helen Vetter, Cynthia McGarvey, and Doug Messineo.** Now we're looking forward other meets coming up in SCM and SCY later on. A Senior meet will be held at Arlington in November.



The last few months were quite eventful for the **Sarasota Y Sharks Masters.** Early May found 15 swimmers at USMS SC Nationals in Austin. Many Sharks posted all time best swims and many Top Ten finishes. Austin has the reputation as a great party town and it did not disappoint. **Kelley Carpenter** did a fantastic job as our hostess and had dinners and fun for us every night. No doubt this was one great trip!

A few weeks later it was Ft. Lauderdale for YMCA Nationals. Although not the size of LMS, this national meet is always the highlight of the swim season. The Sharks defended their combined title and added their first women's championship. The men won for the third consecutive year. Again, many great swims, many YMCA records, 101 fast relays and a great time had by all.

Three weeks later, in mid June, we hosted the Bumpy Jones Classic LC Meet at the Selby Aquatic Center in Sarasota. An awesome meet, great post-meet party Saturday, and several World Records posted by **Mr. Jones** himself. Thanks to all our volunteers for making this a very successful meet.

Upcoming Sharks events are: our annual banquet and celebration, September 13; the Daiquiri Deck Tropical Splash open water event on beautiful Siesta Key, October 4; and... Day 1 of the Bridge the Bay SCM meet, November 16 in Sarasota.



Summertime in St. Pete means the Hurricane is coming! Once again this year SPM hosted the annual Hurricane Man swim May 10, 2008. Race day included the 2.4 mile Hurricane Man course and the 1000 yard Pass-a-Grill swim. Swimmers of all ages battled the rough waters and tough competition. A delicious breakfast social and an entertaining awards ceremony was held after the swim at the Hurricane restaurant. First place age group finishers in the 1000 include **Kate Cillian, Lisa Flannagan, James Montante, Peter Lehmann, Eric Herman, Bryant Davies,** and second place **Laura Albee** and **Gary Bastie.** The 2.4 mile swim was won by two SPA age group swimmers followed by the overall masters male winner **Matt Attal** and

female masters winner **Kristin Rygg**. Individual age group winners include first place finishes by **Charlotte Petersen, Laura Kaleel, Joann Harrelson, Pam Geiger, Diane Williams, Katie Knight Perry, Sean Esterly, Tim Kennedy, John Doolittle, and Dennis Shay**. Second place age group winner include **Bill Specht, Brian Rimel, and Ron Collins**. In close competition, the third place age group finishes include **Tricia Moses, Storm Eddy and Chris Burke**. This event was a success because of the many volunteers who started the planning years ago. A BIG thanks to **Coach Patty Nardozi, Kern Davis and John Reich** for your hard work in continuing this tradition!

Summertime also brings many pool meets. Congrats to the SPM members who competed in the Bumpy Jones Classic: **Abrasha Brainin, Pam Geiger, Joann Harrelson, Paul Scoville, Bill Specht, and Flavia Zappa**. **Bill Specht** also attended the USMS Short Course Nationals and swam to first place finishes in the 50,100, and 200 fly and second place finishes in the 50 and 100 backstroke events. **Charlotte Petersen** finished a terrific first in the 100, 200, 500 and 1650 freestyle events and second place in the 200 back and 200 IM at the YMCA Nationals.

Too much chlorine? Our distance enthusiast **Tim Kennedy** decided to train for the 28.5 mile Manhattan Island Marathon Swim this year and his efforts paid off! Congratulations to Tim for his tremendous 6<sup>th</sup> place finish with a time of 7:51.28. For the rest of SPM, a team swim day is scheduled for the 5K and 10K postal events (some of the distance, none of the open water chill or chop!)



YMCA NATIONALS: Seven SUN Masters swimmers joined up with the Sarasota YMCA Sharks Masters Team to swim at the YMCA Nationals in Ft. Lauderdale, May 14-18. The Sharks won all of the trophies, Women's, Men's, and Combined. We were happy to contribute some great swims and big points for them. **Elliott Schofield** just turned 85 and swam for 7 gold medals in free style and back stroke. **Betty Lorenzi** earned 5 golds and 2 silvers,

breaking five YMCA National records in the 500 and 1650 free, 50, 100, and 200 Back and two USMS National records in the 100 and 200 Back. **Joan Campbell** swam away with 3 Golds and 4 Silvers and a 4 place and **Marianne Bradley** took a Gold medal in the 200 IM, plus 5 Silvers, and 4th and 6th places. **Nancy Durstein** took a Gold in the 1650 Free, and 3 Silvers, two 3rd places, and a fifth place. **Don Puchalski** added many points for three 4th places, two fifths, a sixth and seventh. **Florence Delaney** turned in some great swims in her first National competition with top 8 finishes in 5 events.

We had some great relays that earned us all medals also! **Eileen Amesbury** from Bradenton traveled and swam with us and has rejoined our SUN Masters team since the Y meet. We also enjoyed our five days of Sun and Fun in Ft. Lauderdale and a dinner cruise on the Intercoastal Waterway. Photo here at St. Barts on the beach for lunch.

BUMPY JONES SWIM MEET SARASOTA in June: **Nancy Durstein** took 10 first places in her 10 events. **Marianne Bradley** swam to 3 firsts and 6 second places, while **Florence Delaney** took first, second, third and fourth places in her six events. And once again we had a great Party in the Park after the meet. The Sharks do a great job on this!!!

## **Delegates to the 2008 USMS Convention**

*Your Florida LMSC Delegates to the 2008 Convention are: Tom Bliss, Marianne Bradley, Charlie Kohnken and Sue Moucha. Also attending as automatic delegates are: Joan Campbell - Finance Committee, Meegan Wilson - Legislation Committee, and Victor Buehler - USMS Convention Coordinator.*

### **Deadline for submissions to our November Newsletter is Wednesday October 8**

Please email your news to Jason Brauer - (jasbrauer@yahoo.com) *A special thank you to **Flavia Zappa** for all your hard work in publishing our newsletter.*

### **Upcoming Events:**

#### **Short Course Yards**

Sept. 20, 2008 / SCY: Peachtree City Pentathlon. Peachtree City, GA.  
Sept. 20, 2008 / SCY: Central Florida Marlins Meet. Ocala, FL.  
Nov. 9, 2008 / SCY: Collins Hill Veteran's Day Developmental Meet. Suwanee (Atlanta), GA.  
Dec. 6-7, 2008 / SCY: Florida State Senior Games. Fort Myers, FL. *This event will be USMS recognized.*  
Apr. 16-19, 2009 / SCY: YMCA Masters Nationals. Ft. Lauderdale, FL.  
May 7-10, 2009 / SCY: USMS National SCY Championships. Fresno, CA.

#### **Short Course Meters**

Nov. 16, 2008 / SCM: Bridge the Bay Meet I. Sarasota, FL. *Entry deadline: Friday, November 7.*  
Nov. 23, 2008 / SCM: Bridge the Bay Meet II. St. Petersburg, FL.

#### **Open Water/Long Distance**

May 15-Sept. 15, 2008 / Postal: USMS 5 and 10 Kilometer Postal Championships (50 meter pools only); Central Oregon Masters Aquatics; Bob Bruce, 541-317-4851, [coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com).

September 15-November 15, 2008 / Postal: USMS 3000/6000 Yard Postal Championships (25 yard pools only); Swim Louisville; Mark Gill, 480-874-7112, [markgill@usms.org](mailto:markgill@usms.org).  
October 4, 2008 / OW: Tropical Splash (1K, 3K, 5K) Sarasota (Siesta Key), FL. *This event will be USMS sanctioned.*

October 19, 2008 / OW: Around the Sound Swim (0.8K, 2K, 4K, 7.2K, 10K). Bermuda. *This event is not USMS sanctioned.*

December 6, 2008 / OW: Bonaire EcoSwim (1K, 3K, 5K, 10K). Bonaire, N.A. *This event is not USMS sanctioned.*

#### **Convention**

Sept. 24-28, 2008: (*not a meet*): USMS Convention. Atlanta, GA.

## Swim Clinics Offered

Florida LMSC Coach's Chair, Joe Biondi, will be holding various Swim Clinics this year. He has already scheduled *clinics emphasizing Open Water Swimming* for open water events - Suncoast Triathlon and San Key Triathlon. If you're interested, sign up early. These have been very popular and the slots fill up quickly. Contact Joe at [jbiondi3@tampabay.rr.com](mailto:jbiondi3@tampabay.rr.com) or 727-725-9978.

## Senior Games Qualifiers For Florida State Games

If you have not qualified yet for the Florida State Senior Games, which will be held December 6<sup>th</sup> and 7<sup>th</sup> at Florida Gulf Coast University, the following games and contacts are scheduled:

### Jacksonville Senior Games

Friday, September 28, 9:00 a.m.  
Cecil Aquatics Center  
13611 A Normandy Blvd  
Contact: Mary Ferrell ([mferrell@coj.net](mailto:mferrell@coj.net))  
(Entry and deadline not established yet)

### Tampa Bay Senior Games

Monday, October 13, 8:30 a.m.  
Check in: Temple Terrace Family Complex,  
Temple Terrace  
Entry cost: \$15.00; Deadline October 6<sup>th</sup>  
Contact: [joryp@hillsboroughcounty.org](mailto:joryp@hillsboroughcounty.org)

### Gainesville Senior Games

October 19<sup>th</sup>  
Stephen C O'Connell Center, Gainesville  
Entry deadline: Friday, October 3<sup>rd</sup>  
Contact: Alex Alston  
([aalston@gainesvillesportscommission.com](mailto:aalston@gainesvillesportscommission.com))

### Ormond Beach Senior Games

(games are 10/24 - 11/02)  
Schedule has not been finalized.  
Contact: Andy Pawlowski  
([andypaw@attglobal.net](mailto:andypaw@attglobal.net))

### Miami-Dade Senior Games

November 1  
Ransom Everglades High School  
3575 Main Hwy  
Coconut Grove 23133  
Deadline: October 27  
Contact: Alan Strauss  
([astrauss@swimgym.net](mailto:astrauss@swimgym.net))

### Martin County Senior Games

November 5, 2008  
Stuart, FL  
Entry deadline: October 31, 2008  
Contact: Jesse Moore ([jmoore@martin.fl.us](mailto:jmoore@martin.fl.us))

### Golden Age Games

Thursday, November 13  
Applications available 1<sup>st</sup> week of September  
@[www.sanfordfl.gov](http://www.sanfordfl.gov)  
Contact: Kim Eltonhead  
([ELTONHEK@Sanfordfl.gov](mailto:ELTONHEK@Sanfordfl.gov))

### Sarasota County Games for Life

November 14  
Registration deadline: October 22  
Contact: Steve Yeskulsky  
([syeskulsky@scgov.net](mailto:syeskulsky@scgov.net))

### Florida Senior Games State Championships

December 6 and 7 @Florida Gulf Coast University  
Deadline November 17  
Contact and entries on line:  
[www.flasports.com](http://www.flasports.com)  
(Sarasota will qualify - enter on line)

## **Central Florida Marlins Masters “Fall” Splash**

**Sponsored by:** Central Florida Marlins Masters Swim Team

**Sanctioned by:** Florida LMSC for USMC Inc. – Sanction # 148-016

**Meet Director:** Bill Vargo

**Date & Time:** Saturday, September 20, 2008

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

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

**Warmup:** 10:00am

**Start:** 11:00am

**Eligibility & Rules:** Open to all Masters, ages 18 and older. **A copy of your 2008 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 \$ 30.00 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, September 13, 2008.** Late entries received by mail ( postmarked after September 13 ) , phone or e-mail after September 13 will be accepted with an additional \$ 10.00 fee until Wednesday, September 17, 2008.

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

## Central Florida Marlins Masters "Fall" Splash

### ENTRY FORM

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

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

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

Age as of September 20, 2008: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Sex: \_\_\_\_\_

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

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

Women's Events	Entry Time	Event in Yards	Men's Events	Entry Time
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 off all of 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 ) - \$ 30.00

MAIL TO: Bill Vargo – 430 SW 43<sup>rd</sup> Pl. – Ocala, Fl. 34471 Attach copy of 2008 USMS card

**Sarasota YMCA Sharks Masters/St. Pete Masters  
Bridge the Bay SCM Meet  
Day One: November 16, 2008**

**Sanctioned by:** Florida LMSC for USMS, Inc. Sanction #: 148-014

- Date & Time**      **Sunday November 16<sup>th</sup>:** Warm-up: 8:00 a.m.; Meet Starts: 9:00 a.m.
- Facility:**      The beautiful Sarasota YMCA Selby Aquatic Center, 8301 Potter Park Drive, Sarasota, Florida
- Eligibility & Rules:**      Open to all registered MASTERS, age 18 years and older. **Meet age is your age on December 31, 2008.**  
**A copy of your 2008 USMS Card MUST be attached to the entry form.** 2008 USMS rules govern.
- Entries:**      Swimmers may enter five (5) events PLUS relays. Cost to enter meet is \$25.00 and includes relays.  
Make check or money order payable to: **SYSM**  
**Mail Entries to:** Stacy Howle: 4666 Silent Creek Way, Nokomis, FL, 34275  
**Questions?:** Contact Rick Walker at: (941) 346-7946 or Rickmile@aol.com
- Deadline & Scratches:**      **Meet entries must be RECEIVED BY November 10.** If you are unable to attend, contact Stacey Howle:  
[staceyhowle@verizon.net](mailto:staceyhowle@verizon.net) or 941-966-0432 no later than **November 12** and your money will be refunded in full.
- Seeding**      Check in required for the 400 IM and 400 Free. Entries will be seeded mixed by time, fastest to slowest.
- 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. There is no charge for relays.
- Awards & Scoring**      Individual High Point awards for 1<sup>st</sup> place only in each age group will be given with a minimum of five events completed, **and participation in both SYSM and SPM meets.** Scoring 9-7-6-5-4-3-2-1 points for individual events. Clubs and swimmers affiliated with FACT will swim as their chapter for this meet. No team awards will be given at this meet.
- Heat Sheet & Results**      A heat sheet will be provided to each entrant. Results will be posted on-line and submitted for Top 10 consideration within 14 days of the completion of the meet.
- Order of Events**      **Sunday: 9:00 a.m.**
- | <u>W/M</u>   | <u>Event</u>                          |
|--------------|---------------------------------------|
| 1 / 2        | 400 m. IM (mixed seeding)             |
| 3 / 4        | 200 m. Free                           |
| 5 / 6        | 100 m. Fly                            |
| 7 / 8        | 50 m. Breast                          |
| 9            | 200 m. Mixed Medley Relay             |
| 10           | 400 m. Mixed Free Relay               |
| 11 / 12      | 200 m. Breast                         |
| 13 / 14      | 100 m. Back                           |
| 15 / 16      | 50 m. Free                            |
| 17 / 18      | 200 m. IM                             |
| 19 / 20      | 200 m. Free Relay                     |
| 21 / 22      | 400 m. Medley Relay                   |
| 23 / 24      | 400 m. Free (mixed seeding)           |
| 25 / 26 / 27 | 800 m. Free Relay (men, women, mixed) |

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

**\*\*IN THE SPIRIT OF THE UPCOMING THANKSGIVING HOLIDAY, SPA AND SYSM REQUEST THAT ALL SWIMMERS CONSIDER DONATING CANNED FOOD ITEMS TO BE COLLECTED FOR OUR LOCAL FOOD BANKS. THANKS IN ADVANCE FOR YOU GENEROSITY!**

To enter the meet complete and return the meet entry form provided.  
Mail Entry Form, check payable to **SYMS** and a copy of your 2008 USMS card to:

**Stacy Howle: 4666 Silent Creek Way, Nokomis, FL, 34275**



**Sarasota YMCA Sharks Masters/St. Pete Masters**

**Bridge the Bay SCM Meet**

**Day One: November 16, 2008**

Sanctioned by: Florida LMSC for USMS, Inc. Sanction #: 148-014

**Last Name** (as on 2008 USMS card): \_\_\_\_\_ **First** \_\_\_\_\_ **MI** \_\_\_\_\_

**2008 USMS number** \_\_\_\_\_ - \_\_\_\_\_ **Gender** (circle) Male Female

**Date of Birth** (mm/dd/yy): \_\_\_\_\_ **Age** (as of 12/31/08): \_\_\_\_\_

**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)

M / W	Sunday, November 16 <sup>th</sup>	Seed Time	
1/2	400 m. IM (mixed seeding)		Swimmers must enter a time for each event; "NT" or "no time" entries are not permitted
3/4	200 m. Free		
5/6	100 m. Fly		
7/8	50 m. Breast		
9	200 m. Mixed Medley Relay	*****	
10	400 m. Mixed Free Relay	*****	
11/12	200 m. Breast		
13/14	100 m. Back		
15/16	50 m. Free		
17/18	200 m. IM		
19/20	200 m. Free Relay	*****	
21/22	400 m. Medley Relay	*****	
23/24	400 m. Free (mixed seeding)		
25/26/27	800 m. Free Relay (mixed, men & women)	*****	

Fees: = \$25.00

ATTACH A COPY OF YOUR CURRENT  
USMS CARD HERE

TOTAL ENCLOSED = \$25.00

Mail Entry Form, check payable to **SYMS** and a copy of your 2008 USMS card to:  
**Stacy Howle: 4666 Silent Creek Way, Nokomis, FL, 34275**

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 SWIM 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 by and be governed by the rules of USMS. (see Rule Book Article 203.1)

Signature of Participant \_\_\_\_\_ Date: \_\_\_\_\_

# St. Pete Masters/Sarasota YMCA Sharks Masters Bridge the Bay SCM Meet

**Day Two: November 23, 2008**

**Sanctioned by:** Florida LMSC for USMS, Inc. Sanction #: 148-014

<b>Date &amp; Time</b>	<b>Sunday November 23rd</b> : 1500 Free Warm-up: 7:30 a.m.; Swim 8:00 a.m. <b>Sunday November 23rd</b> : Warm-up: 10:30 a.m.; Swim: 11:00 a.m.	
<b>Facility</b>	North Shore Pool is located at 901 North Shore Drive, NE. Eight competition lanes with a segregated warm-up lane. Colorado Timing with hand-held watches will be used.	
<b>Eligibility &amp; Rules</b>	Open to all registered MASTERS, age 18 years and older. <b>Meet age is your age on December 31, 2008. A copy of your 2008 USMS Card MUST be attached to the entry form.</b> 2008 USMS rules govern.	
<b>Entries</b>	Swimmers may enter five (5) events PLUS relays. Cost to enter meet is \$25.00 and includes relays. Make check or money order payable to: <b>St. Pete Masters</b> <b>Mail Entries to:</b> Patty Nardozzi ~ 6346 – 27th Avenue North ~ St. Petersburg, FL 33710 <b>Questions?</b> Contact Patty at: (727) 343-5960 or pnardozzi@hotmail.com	
<b>Deadline &amp; Scratches</b>	<b>Meet entries must be RECEIVED BY November 15th.</b> If you are unable to attend, contact Patty Nardozzi no later than <b>November 20th</b> and your money will be refunded in full. Entries will be accepted <b>until November 20th</b> with a <b>\$10.00 late fee included.</b>	
<b>Seeding</b>	Check in required for the 1500 m. Free. Entries will be seeded mixed by time, fastest to slowest. 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. <b>The 1500 m. Free is limited to the first 32 entrants (4 heats of 8 swimmers).</b>	
<b>Relays</b>	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.	
<b>Awards &amp; Scoring</b>	Individual High Point awards for 1st place only in each age group will be given with a minimum of five events completed <b>and participation in both SYSM and SPM meets.</b> Scoring 9-7-6-5-4-3-2-1 points for individual events. Clubs and swimmers affiliated with FACT will swim as their chapter for this meet. No team awards will be given at this meet.	
<b>Heat Sheet &amp; Results</b>	A heat sheet will be provided each entrant. Results will be posted on-line and submitted for Top 10 consideration within 14 days of the completion of the meet.	
<b>Order of Events</b>	<b>Sunday: 8:00 a.m.</b> <u>W/M</u> <u>Event</u> 27 / 28            1500 m. Free (mixed seeding by time, 4 heats of 8 swimmers)	<b>Sunday: 11:00 a.m.</b> <u>W/M</u> <u>Event</u> 29 / 30            100 m. IM 31 / 32            200 m. Back 33 / 34            100 m. Free 35 / 36            50 m. Fly 37 / 38            200 m. Mixed Free Relay 39 / 40            400 m. Mixed Medley Relay 41 / 42            100 m. Breast 43 / 44            200 m. Fly 45 / 46            50 m. Back 47 / 48            200 m. Medley Relay 49 / 50            400 m. Free Relay

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

\*\*

**\*\*IN THE SPIRIT OF THE UPCOMING THANKSGIVING HOLIDAY, SPA AND SYSM REQUEST THAT ALL SWIMMERS CONSIDER DONATING CANNED FOOD ITEMS TO BE COLLECTED FOR OUR LOCAL FOOD BANKS. THANKS IN ADVANCE FOR YOUR GENEROSITY!**

To enter the meet complete and return the meet entry form provided.

Mail Entry Form, check payable to **St. Pete Masters** and a copy of your 2008 USMS card to:

**Patty Nardozzi**  
**6346 27th Avenue North**  
**St. Petersburg, FL 33710**

