

Florida LMSC Newsletter

Volume: 26

November 2008

Why Masters Program, and Why Join USMS?

USMS Executive Director Rob Butcher shares a conversation we've all had ...

The other day I was on deck preparing for a swim. It was around 7:00 pm; I'd just left the office and wanted to get in an easy "stress relieving" swim before heading home. The pool was practically empty except for one man. I was stretching as I watched him swim. I'd not seen him at the pool before but he had a somewhat natural looking stroke. "Perhaps he swam in high school," I thought to myself. When he stopped at the wall, I said, "Hey, you're making it look easy."

I've heard your stories and know that my encounter with Ben is common; you've run into your own Bens along the way and have had to describe USMS and the benefits that it offers. You've convinced friends, family, neighbors and community members that your local Masters program and USMS is for them... that it is for everyone. So, over the next couple of months we'll remind you why you joined and possibly share programs and benefits that you have not yet taken advantage of and we will provide you with support as you promote your Masters program and USMS in your local communities.

In an eight-part series titled "Why Join a Masters Program, and Why Join USMS?", USMS Features will highlight stories like Ben's and others who just want to "better themselves." We'll introduce you to terrific coaches, such as Susan Ingraham, who was deservedly recognized as USMS Coach of the Year, and what makes their programs so successful. We'll show you how programs such as Walnut Creek Masters, Indy SwimFit, and the Woodlands, all USMS Club of the recipients, and many others, started as just a dream and have weaved themselves into the culture of their local communities and the USMS community. We'll introduce you to USMS volunteer Mary Sweat, who created a USMS fitness program two years ago called "Go the Distance," and how it's turned into a wildly popular program with close to 1,000 participants each month. We'll take you behind the scenes of the member magazine *USMS Swimmer*, and the LMSC newsletters that so many members rely on for valued information. And yes, we'll even pull back the curtain on competition, how it works, why it motivates us and how to participate.

Each Feature will connect you with another USMS benefit or program. If you are already a USMS member, each Feature will encourage you to become even more involved, and if you have not yet joined a local Masters program or USMS, each Feature will have you asking yourself, "Why has it taken me this long to join?"

Go to <http://floridalmc.org/News.htm> for more.

Thanks," he replied. "I'm Ben. I'm trying to get back in shape, and hoping to do a triathlon one day."

"Awesome," I responded. "How's it going so far?"

"I've got my good and bad days," he shot back. "It's not easy when you've never really swam before and not sure what you are doing."

"Well, give yourself credit for showing up," I offered. "Do you swim with a Masters team?"

"No," he said. "I've heard of Masters but don't think I'd be good enough to swim with them."

"You'd do great, and you'd have fun," I told him. We kept the conversation going about 10 minutes or so with Ben asking me questions about local Masters teams and USMS.

"There are several adult Masters programs in the area that you'd really enjoy swimming with and would fit your work schedule," I said. I offered him my email address and told him that I would send him more information on Masters.

"Thanks," he replied, and went back to swimming.



Lorenzi Wins Five Golds at LCM Nationals!

The Long Course Meters (LCM) Championships were held at Mount Hood Community College in Gresham, Oregon from August 14-17, 2008. Fourteen swimmers from five teams participated. The Florida LMSC brought home fourteen gold medals, eleven silver medals, and ten bronze medals! **Betty Lorenzi** (FACT) placed first in five events: the 50 and 1500 freestyle and the 50, 100, and 200 backstroke. Her time in the 1500 freestyle was 30:27.88!

Many Florida LMSC swimmers entered the freestyle events. In the 100 freestyle, **Patricia Tullman** (FMM) placed third, and in the 200 freestyle, **Joan Campbell** (FACT) and **Rick Walker** (SYSM) placed third. **Martha Henderson** (FACT) captured second place in the 400 freestyle, and Joan Campbell and Rick Walker also captured third place in this event. Rick Walker won first place in the 800 freestyle with a time of 9:52.70, and Patricia Tullman won second place in this event!

Other recognizable performances included a second in the 50 backstroke by **Paul Hutinger** (FMM) and **Margit Jebe** (SWIM). Paul Hutinger also won second place in the 100 backstroke and first place in the 200 backstroke.

In the breaststroke events Rick Walker captured first place in the 50 breaststroke and second place in the 100 breaststroke. **Laura Hamel** (SYSM) won first place in the 100 and 200 breaststroke. Also, Margit Jebe placed first in the 50 and 200 breaststroke, and **Linda Visser** (FACT) placed 3rd in the 100 breaststroke and second in the 200 breaststroke.

Florida LMSC swimmers performed well in the butterfly events. Joan Campbell achieved second place in the 200 butterfly. Paul Hutinger grabbed third place in the 50 and 100 butterfly, and Patricia Tullman won first place in the 50 butterfly and second place in the 100 butterfly. Margit Jebe seized first place in the 100 butterfly, and Martha Henderson won third place in the 50 and 100 butterfly.

Joan Campbell and Linda Visser won second place in the 400 IM.

The Florida LMSC participated in three relays. FACT won sixth place in the women's 240-279 200 freestyle relay (Betty Lorenzi, Martha Henderson, Joan Campbell, Linda Visser). Also, FMM captured 9th place in the mixed 280-319 200 freestyle relay (**Margie Hutinger**, Paul Hutinger, Patricia Tullman, **John Guze**), and 8th place in the mixed 280-319 200 medley relay (Paul Hutinger, John Guze, Patricia Tullman, Margie Hutinger).

Other Florida LMSC swimmers at LCM Nationals were **John Keen** (FACT), **Margaret Rowe** (HLJ), and **Kelley Carpenter** (SYSM).

The team results were as follows: FACT - 29th place, FMM - 43rd place, HLJ - 135th place, SWIM - 67th place, and SYSM - 44th place.

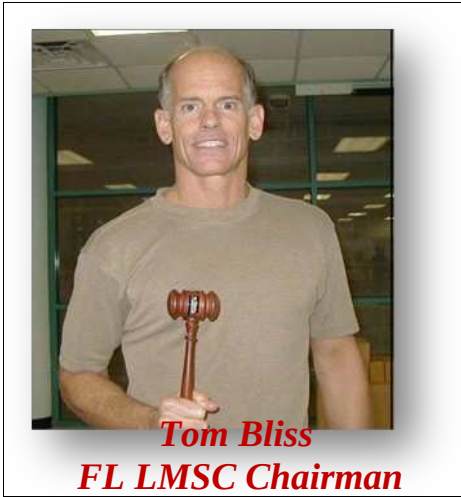
Thank you and congratulations to this super group of Florida LMSC swimmers on their victories at LCM Nationals! We appreciate your traveling all the way to Gresham, Oregon to represent us!

Swim Trivia:

Question: How many swim events were there in the 2008 Summer Olympics?

Answer: 34

Source: http://en.wikipedia.org/wiki/Swimming_at_the_2008_Summer_Olympics



Letter From the Chair:

The bible states that "if you want to be great in God's kingdom, learn to be a servant of all." I have tried to make my aim to serve our organization in all my activities. I believe that if one deviates from serving others, their activities become self serving. As we each look at our motives in the happenings of our swimming efforts, I believe that along with fulfilling our own visions we should make ourselves available to assist others in their ventures of the same. As we pursue our own paths we should be willing to help others around to be fulfilled in their journeys. When we do we are sure to find that it enriches our

experience as we benefit others.

In reflection of the USMS Convention in Atlanta, I believe more than ever the aim of your FL LMSC Board should be that of serving. If we are listening and hearing the heart beat of the local organization we need to be supporting the members accordingly. Over the eight years that I have been chairman I have found that too much focus has been given to the smaller part of our membership. Of the over 1600 members, there are less than 1/3 who compete in swim meets. Unfortunately the largest contingent of our membership are largely overlooked at the LMSC level. The good thing is, for the most part, local clubs are probably supporting those who don't compete. However, as we look to the future, more thought should be put into servicing our largest contingent and facilitating their vital connection within the organization.

I am very encouraged with the board of directors which will be in place as we move into the upcoming year, as their heart is in serving. Most of them are individuals I have had the pleasure of working alongside. Their agenda's are in line with the organization and for its benefit. You can take confidence that they are here to serve and equip the members and the organization. It has been a blessing for me to be your chairman for the past 8 years and I look forward to assisting as the transition is fully in place. Please make it a point to consider how you might help and be more instrumental within your club, the FL LMSC and the USMS. Each one of us counts and can make a difference. Find the way you can and then do it...just do it!

Serving,

Tom Bliss Chairman, FL LMSC

Annual Florida LMSC Meeting Election Results

The following slate of officers, who will serve from 2009 - 2011, were elected at the annual Florida LMSC meeting held in Orlando on October 25.

- Chairman - Meegan Wilson
- Secretary - Victor Buehler
- Treasurer - James Stine
- Registrar - Meredith Moore
- Records - Marly Wilson
- Sanctions - Sue Moucha
- Newsletter Editor - Jason Brauer

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Secretary Victor Buehler 352-591-0398 pigasus@alltel.net
Treasurer Meegan J. Wilson 352-373-0023 meeganwilson@bellsouth.net
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From the Officials Chair

Having just returned from the Convention, I will pass on what was discussed as far as Officiating Meets. The main concern is that they be Officiated fairly and uniformly. Many Officials don't understand the mind-set of the swimmers, especially the older swimmers. They don't know you are trying to get Top Ten Times or make a cutoff time for a National Meet. They don't disqualify you and then you make the same mistake at Nationals and get disqualified. If you make a mistake at a local meet find out what you did wrong. You should be told by the Official as you leave the pool. The Official who told you of your error may not have been the Official that made the call. Listen to what he said, don't argue. Take what the Official said to your coach or another well versed swimmer to find out what you did wrong.

Now, how do we get Officials for meets? I have a short list of people that may be willing to work Master's meets, but if they have kids swimming in a meet they will go to the kids meet. Meet Directors can go to the local LSC Club and ask who might be available. I would like to have the name of the Referee at the time of Sanctioning of the meet. I have received names of Meet Directors for meets and have requested the name of the Referee, but I have had no replies. I intend to have the sanction changed to include the name of the Referee. Then I will be able to contact him and give him information on how to run a Master's Meet.

The Officials Committee is setting up guidelines so that Officials can be certified by the local LMSC. I've seen the guidelines and it will be difficult for them to be used in our LMSC. I'd like to have clubs that put on meets try to have at least one Official from their club certified. Contact me if you have anyone and I will tell them how to get certified.

I'll be trying again in the next Newsletter to get Officials, but I would like to write about something else...Please E Mail me with any suggestions

Convention Highlights 2008

- **Dixie Zone Meeting - 1.** Top Ten LMSC chairs need to send their LMSC Top Ten submissions to Top Ten Dixie Zone chair **Andy Dyer** as well as to USMS.
- **History & Archives** - The committee is actively searching for early USMS Championship results, both pool and long distance, and old LMSC registration records. If anyone has any old records please contact me. Many new stories have been posted on swimmers, most recently, Tom and Charlie's. Please submit stories on your swimmers to meeganwilson@bellsouth.net for posting on the USMS website.
- **Changes to the Rule Book. A.** To 201.2.1 Annual Membership- the following sentence was added: "An LMSC shall not place any restrictions on the formation of clubs".
- **Registration fee** will increase \$2 in 2010.
- **Sanctions Workshop:** Points stressed were:
 - Top Ten Recorders are to include all swimmers in the top ten submissions, not just local swimmers.
 - Three watches are required for records to count.
 - There is no time limitation for submission of National records.
 - World records must be submitted within 60 days of the event and records for under 25 years of age are not recognized.
 - National records and top ten times are allowed at recognized events, but not World records.
 - An observer is required for recognized meets.
- **End to End Event Management workshop** - There will soon be online access for Top Ten recorders to upload meet results and develop their LMSCs top ten information on the USMS website.
- See: ***From the Officials Chair*** in this newsletter for more Convention information.
- **Championships 2010** - SCY championships will be in Atlanta, GA - May 20-23 and LCM Championships will be in San Juan, Puerto Rico, August 9-12.

Awards Presented to FL LMSC Members @ the 2008 USMS Convention



2008 Convention Delegates, L-R: Victor Buehler, Marianne Bradley, Joannie Campbell, Charlie Kohnken, Meegan Wilson, Tom Bliss (Missy Bliss - guest), and Joe Biondi. Not pictured, Paul & Margie Hutinaer. At Larae

The *Dorothy Donnelly Service Award* was presented to **Tom Bliss** and **Charlie Kohnken** for their dedication and service to Masters swimming. **Tom** has served as Chairman of the Florida LMSC since 2001. His goal has been to listen to the membership for their suggestions and ideas and to implement as many as possible. During his time in office, the Florida LMSC Awards Banquet has become an annual event, the Florida Aquatic Combined Team was formed so that smaller clubs could compete in relays at National events and statewide LMSC competitions have begun. **Charlie** has volunteered for the Florida LMSC since 1983 serving stints as Records chair, Registrar, Sanctions chair, and currently, Official's chair. He recently added one more certification to his long list of accomplishments, Deck Referee.

The *TYR Newsletter of the Year* was awarded to "*Maverick Lane Lines*" edited by Florida Maverick Masters **Margie & Paul Hutinger**. Selected from over 300 USMS club and LMSC

newsletters, it has ranked in the top five or ten, six times in the past ten years. It can be viewed at <http://www.maverickswim.org/FMMnewsletter.htm>

Paul Hutinger was also awarded the **2008 June Krauser USMS Communications Award** which is presented annually to an individual, or group, whose communicative efforts have contributed to the growth, improvement, or success of USMS. Excerpts from Margie's nomination paper: From 1974-1980, he wrote and published *Lane 4*, a Masters quarterly swim journal, with over 400 national and international subscribers. Topics included analysis of swimming strokes, physiology, psychology, training techniques, sport's medicine, living a healthy life and the social benefits, for swimmers and spouses. At that time, he also served on the staff of *Aquatic World Magazine*, published bimonthly, as a Special



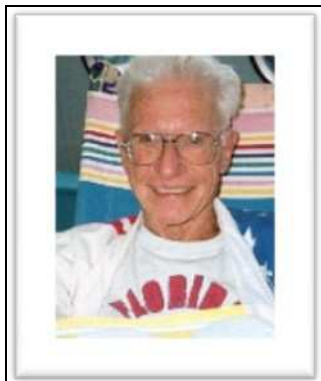
**Paul Hutinger
2008 June Krauser
Communications Award**

**Paul and Margie Hutinger
2008 USMS Newsletter of
the Year Award**

Contributor, and wrote an *Advice for the Swimmers' Body* column. Hutinger distributed his "Masters Swimming Log and Guide" in 1976, with space for daily and weekly yardage. He wanted swimmers to realize the importance of a regular swimming training program, and how they could track their goals. In 1982, he published *Journal of Masters Swimming*, a 214 page book, compiled from selected articles from *Lane 4*. Since 1970, Dr. Hutinger has compiled a scientific study of the affects of aging and swimming, from research he has gathered on himself. He presented this research to the Canadian Masters Swim Clinic in 1977, the World Swimming Conference in 1992 and the Masters convention in 2000. Since 1997, he regularly writes two columns which benefit his Masters club and LMSC swimmers. His "Tip of the Month" column appears in the *Maverick Lane Lines*, published bimonthly. He initiated an "Ask the Swimming Doctor?" column for the *FL LMSC Newsletter*, published quarterly. Both publications include a variety and range of topics, including training, health & nutrition, competition, stroke technique, mental strategies, sports medicine and fun & fitness. Paul Hutinger continues to study swim techniques and stroke analysis, inspired by the work of his college mentor, Doc Councilman. He has made valuable and significant contributions to Masters swimming, by continuing to communicate his expertise and knowledge of the vast expanses of the sport, in a style that's easily absorbed and understood, by swimmers at all levels of achievement.

For more on Tom, Charlie, Paul and Margie find their stories at: <http://www.usms.org/hist/sto/>. Hutinger photos by Jim Matysek

Ask The Swim Doctor:
Dr. Paul Hutinger



Question: During the Olympics, there was a lot of talk about blood doping. How does this affect Masters swimmers?

Answer: Blood doping is not legal, but the average swimmer can enhance his or her blood parameters, legally, by working with your doctor. I've learned that the kidneys diminish in function, as part of the aging process, so I'm doing what I can, to maximize my kidneys.

The production of EPO (Erythropoietin) regulates the production and release of RBC (red blood cells) from the bone marrow. Creatinine is a renal function test used to estimate GFR (glomerular filtration rate). The BUN (blood urea nitrogen) is a test on the health and function of kidneys which in turn will increase the RBC, % of RBC, HCT (hematocrit), and HGB (hemoglobin). These values need to be in the norm range for health and the high norm range to deliver oxygen to the body as you exercise. Putting

your body in high intensity training will elicit a greater response.

When I was on the faculty at Western Illinois University, I had my blood parameters checked at the medical lab every week for six weeks to coordinate swim training with them. Healthy kidneys will respond positively. As a 60 year old, I worked on increasing my EPO, which in turn would give me increased RBC, HCT and HGB. RBC are measured by the number per c/mm. Your blood cannot be too thick, as it cannot be easily pumped around the body. A principle of training is that if you put stress on your oxygen supply for the muscles and organs of the body, you will develop a greater amount of blood volume (10-15%) and open up reserve capillaries. There are techniques that can measure blood volumes. Your size determines the standard average liters of blood. When my kidneys were not working very well, my GFR was a low of 48. They needed to be >60, to be normal. In 1998, when I had my best kidney functions, it highly correlated to my best swimming performances.

Supplements may enhance absorption, especially for the over 70 age group: Vitamin C, 500-1000; iron (for women) men can be at risk; vitamin B-12 injections or sub-lingual; folic acid, CO Q10, 200 mg and B-6, 50 mg. Be sure to check with your own physician, before implementing any changes.

Training, especially in swimming, induces larger lung volumes and thus a greater alveolar (capillary) area. This increases the number of open capillaries, which can deliver oxygen depending on RBC and HGB concentration. Another test the doctor gave me was for total testosterone (men), to see if I needed a testosterone patch, to bring me up to normal. Mine was 869 (top of the scale is 827). This may indicate that my thirty years of high intensity swim training (10 x 50 @ 2 minutes and 5 x 100 @ 3:00) may enhance hormones. I didn't need the patch! Even if your swimming doesn't improve, you will be healthier and have more energy. (Want additional information? Contact Dr. Paul Hutinger: 727-521-1172 or phut@usms.org.)

(Disclaimer: *The information contained in these articles might be valid, however, the editor, not the Florida LMSC support or refute anything contained within.*)

Helping the Body Heal

by **Edward H. Nessel, R.Ph, M.S., MPH, PharmD.**

OVERVIEW

The body can handle many types of stresses. Nature has provided for this or else none of us would age into maturity, let alone grow out of adolescence. A highly trained athlete can usually handle the physical stresses demanded by his sport to a greater extent than the so-called "weekend warrior." ***The body can train to train, but can it train to greatly improve or excel? That takes in-depth knowledge of human physiology mixed with good coaching, accommodating genetics, and a little luck.*** But there is one circumstance which has nothing to do with athletic prowess or good coaching or even high-minded determination which could make or break a competitor...especially if circumstances present poor timing with regards to a major athletic event. And that circumstance deals with ***physical trauma***, whether sustained from an accident, overuse injury or the need to recuperate from reparative surgery.

The Body's Response to Physical Trauma

The body's response to sustaining wounds is to first isolate, and then adapt the affected tissue to try and lessen the extent of damage. Then, regeneration begins which takes time and energy, nutrients and hydration, rest and recovery. The most critical nutrients involved with wound healing include protein, enzyme co-factors, glucosamine, Omega-3, zinc, vitamin A, vitamin C, vitamin E, and iron. The fact that these substances can all be purchased over-the-counter (OTC), affords the athlete and/or coach the opportunity to help the healing process quickly.

When the body is injured, its normal operating functions can become compromised. Depending upon the severity and/or the extent of physical trauma, ***the body's need for high-quality protein is substantially increased. The immune system is extremely dependent upon quality protein*** to have manufactured all its important elements for keeping infection and inflammation from getting out of control. To emphasize, several studies have shown that ***about 25% of hospitalized patients and as many as half of general surgery patients exhibit protein malnutrition. This can significantly lengthen the time of healing by allowing inflammation to linger and infection to fester. Also, the building of new blood vessels (revascularization) and the actual remodeling of tissue can both be delayed and impaired. Anyone undergoing major surgery can attest to the body's need for help in recovery by experiencing a dramatic sustained increase in overall weakness.*** Much of this can be alleviated by the simple intake of quality protein starting about a week before elective surgery and the assurance of adequate fluid intake before and after surgery.

(A rather amazing story of recovery, exhibited by Jeff Farrell, America's premier freestyle sprinter in 1960, is made all the more remarkable in light of what was stated above. He only had seven days after abdominal surgery for appendicitis before Olympic Trials that year. His high level of physical fitness and his obviously strong determination to make the team have become the stuff of legend.) *To read the complete chapter from Ed Nessel's book, **Swim to Win: Train Like a Champion**, go to the Florida website at: http://floridalmc.org/Newsletter_archive/bodyheal.pdf*

Nominations Needed for Florida LMSC Awards to be presented During the Florida LMSC Social on Saturday, February 14 at the Sunset Grill in Clearwater.

1. Sue Moucha Overcoming Adversity Award - Recognizes a FL LMSC masters swimmer who has overcome adversity and provides inspiration to others while pursuing swimming.

Criteria: A one page letter of recommendation by the nominator AND a one page description by the nominee on how Masters swimming has had a positive effect on his/her life, whether in training, competition and/or fitness activities.

Deadline: Send nominations to Sue Moucha, 109 East Sadie Street, Brandon, FL 33510 OR jbmoucha@aol.com by December 31.

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

Criteria: A registered FL LMSC swimmer, but not a Florida Maverick Masters member.

Presented by: The Florida Maverick Masters to honor Frank Tillotson and recognize his contributions to the world of swimming, as an official, FL LMSC newsletter editor, delegate and committee member to the USMS convention, contributor to building a pool in Romania and as a world-wide competitive swimmer.

Deadline: Nominations must be received by December 31 of the calendar year. Send to Pat Tullman -- 5432 Twin Creeks Drive -- Valrico FL 33594 or ptullma1@tampabay.rr.com

3. Florida LMSC Service Awards - The Florida LMSC honors those members for outstanding past and present service to the Florida LMSC.

Nominations: Please send nominations to Tom Bliss, Florida LMSC Chairman tbliss@cfl.rr.com.

Criteria for all awards are posted on the Florida LMSC web page (www.floridalmc.org)



FACT:

The Phelps effect is impacting USA Swimming big time throughout the United States as reported over the past weeks AND the Torres effect is in turn impacting United States Masters Swimming. During the 2008 LCM USMS Nationals at Mt Hood in Gresham, Oregon, in August we had the pleasure of following the exciting races on the scoreboards and with

weather in the 100's tried to create some excitement of our own.

FACT women placed 14th out of 92 teams and their score placed them 29th in the Combined Teams out of 138!! Linda Visser, 38, placed 2nd in the 200 Breast and 400 IM, 3rd in the 100 Breast, and 5th in the 50 breast and 200 IM. Martha Henderson, 72, took 2nd in the 400 Free, 3rd in the 50 and 100 butterfly, 4th in the 200 IM and 6th in the 200 free. Joan Campbell, 78, placed 2nd in the 800 free, 200 fly and 400 IM, 3rd in the 200 free and 400 free. Betty Lorenzi, 81, took gold in all her events – 50 free and 1500 free, 50, 100 and 200 back. Our 200 women's free relay placed 6th – second in the Dixie Zone prelims. John Keen, 45, was up against some tough competition and did well in all freestyles. He bettered his 800 free time by 10 seconds!

Dixie Zone Top Ten has many FACT members placing well. Take a look on the Dixie Zone website for our many top swimmers! Deb Walker, 57, set USMS records in the 50, 100 and 200 breast. Dixie Zone Records are Linda Visser, 38, in the 200 breast; Pat Sargeant, 55, in the 100 free and 100 fly; Meegan Wilson, 60, in the 50 and 200 breast and 200 IM; and Margit Jebe, 70, in the 50, 100 and 200 breast and 200 back. The men posted exceptional swims also. Bruce Mohl, 62, set a Dixie Zone record in the 800 free. Karl Wiedemann, 70, set World Records in the 50, 100 and 200 Breast and Robert MacDonald, 80, set a new USMS record in the 100 breast and Dixie Zone records in the 50 and 200 breast, 50 fly and 200 IM.

Over the next two years there will be some real opportunities for the Florida Aquatic Combined Team to “make waves”. The State Championships at the end of March, 2009, will give us the opportunity to swim and score as the Combined team since it will be a competition between the Florida LMSC and the Gold Coast LMSC. We should be able to field a very competitive group to help our Florida LMSC take the gold. Encourage your fellow teammates to join with us for the exciting championship meet to be held at the North Shore Pool in St Petersburg – and try out some of your combinations at the SUN Masters Valentine Meet in Clearwater February 14th and 15th.

Over the next few months there will be some Postal Swims that call for participation by FACT members through our LMSC to show the strength of our area. The 3000/6000 SCY swim lasts through November 15. Please make an effort to complete this swim in your workout group and send a copy of those results to Coach Joe. He will put them together for relays if we have them – relays consist of three women, three men or two women and two men. We currently hold several of the records and should have more with the enrollment of the speedsters and long distance people on our team!! Also, January is the One Hour Swim, with the same criteria – see how far you can swim in an hour. How about getting a group from your Chapter together and making it a team effort. Idea: Start off the New Year with a group swim of One Hour to burn off those extra Holiday calories and have everyone do it as a One Hour Swim entry. Let's begin to make the impact on Masters Swimming that we should!

At USMS Convention in September Atlanta was chosen as the venue for 2010 Short Course Nationals. Start planning – we'll want to have a hospitality room and a great group of relays within driving distance for most of us!

Be sure to visit our monthly newsletter by clicking on the team FACT after the first week of each month on www.floridalmc.org, and see our detailed explanation of scoring in the Forms and Registration. Also, registration starts November 1 for 2009 – any questions, get in touch with Marianne Bradley, FACT Registrar.



Florida Mavericks:

Paul and Margie Hutinger were At Large Delegates at the US Aquatic Sports Convention, in Atlanta, GA, in September. Although Paul has been a Masters swimmer, since its inception in 1970, this was his very first convention. He found it enlightening and interesting to meet with other pioneers from the early years of Masters, and share stories and information. He is a member of the History and Archives Committee. It was Margie's tenth year as a delegate, and her first as a member of the Recognition and Awards Committee, where she was on a sub-committee to revise the Club of

the Year nomination form. At the Fitness Committee meeting, she shared her suggestions to expand the Go the Distance event, the increasingly popular fitness event.



The Original Sarasota Masters Swim Team

ARLINGTON PARK AQUATIC CENTER OPEN HOUSE

Representing our team and Masters swimming at the Arlington Park Open House on Saturday, October 4th were Helen Vetter, Deb Walker and Edna Gordon. What a beautiful display we were able to borrow from the USMS National Office. We looked **FIRST CLASS!** We were able to promote the advantages of being part of a masters swim team to all of the interested public who were able to visit Arlington Park Pool for free that day!

TWO TEAM COACHES! We now have two excellent coaches and five days a week of coached practices at Arlington Park Pool! Deb Walker's coached practices are on Tuesdays and Thursdays 5-6:30 PM. Coach Peter Hegwein has the Monday-Wednesday-Friday sessions at 8-9:30 A.M.

SENIOR MEET Arlington Park Pool Sarasota For those of you who admit to being over 50, please plan on competing in the fun and relaxed Games for Life Senior meet at Arlington on **Friday, November 14**. If you've never swum in a meet before, this is a good one to do. Entries are due November 4, and the booklets are at Arlington in the Information boxes. It is a fun meet! For more info, email Deb at debswim@comcast.net or call 371-1600.

STATE SENIOR MEET Keep in mind that the **State** Senior meet will be held in Ft. Myers, December 6/7. In order to be eligible, you must be among the top 3 at the Arlington senior meet in any event. (No problem!) The meet is held at Florida Gulf Coast University which is a **BEAUTIFUL** facility. They give awards in between events with pictures and music and it is a blast. We plan to have a car pool going to the State Senior meet on Saturday, Dec. 6.

CONGRATULATIONS to our team Treasurer, Bob Coulter, who was recently sworn in as President of the Kiwanis Club in Northport. They're lucky to have you, Bob. And so are we!

NEW BOARD MEMBERS A big **THANK YOU** to Milena Rohr and Vicki Meyer who have agreed to co-chair our Membership Committee and, therefore, will be team Board Members. Another big **THANK YOU** to Coach Peter who agreed to be our team Publicity Chairman and will also be a Board member.

SARASOTA MASTERS FALL FLING! We are getting together for our annual Fall Fling, under the trees at the Arlington Park picnic area, on Nov 1 to greet, meet, eat, and to get psyched up about upcoming meets and team events! Pizza will be served after we put some yardage in at the pool!



Sarasota YMCA Sharks:

The Sarasota YMCA Sharks Masters held our annual awards and recognition banquet on September 13th. The evening was eventful and was highlighted by the naming of the Sharks All-Stars for 2008. There is no set criteria for this award but it may be summed up as those who have demonstrated a willingness to help, or to succeed, or to overcome. Sharks All-Stars for 2008 are Sylvia Buxton, Kelley Carpenter, Janet Clark, Dren Geer, Bumpy Jones, Cindy Kaighin and Julie Salvetti. Congratulations to all. A silent auction was also held and proceeds were donated to this year's charity, The Wellness Community of SW Florida.

The 5th Annual Daiquiri Deck Tropical Splash open water event was held Saturday October 4. It was a beautiful morning on stunning Siesta Key Beach and conditions for racing were optimal. swimmers had their choice of completing a 1K, 3K, or 5K. Just under 100 swimmers participated and most made their way to the Daiquiri Deck for the post race awards and party. Please join us for this great event next fall.

Entries are due for the Bridge the Bay SCM meet to be held in Sarasota on Nov 16 and St. Pete on Nov 23. Please join with us and support this meet.



St. Pete Masters:

As summer came to an end, the St. Pete Masters team watched a lap-filled summer pay off. On the weekend of July 12-13, SPM hosted a LONG course meet at North Shore Pool. As Coach **Patty Nardozzi** took splits, Aaron Peter announced the swimmers lane by lane (adding his own special comments) and many other loyal SPM teammates worked the deck as Officials and timers. Thank you to the volunteers who helped make this meet run smoothly, including Officials: **Charlotte Petersen, Steve Freeman, Mike Halfast, Kevin Mooren, Woody McDaniel, Peter Bardin, Joe and Jeanne Finke, Angela Jones and Dan Nardozzi** and SPM helpers: **John Reich, Grace Austin, Bob Aldrich, Howard Brown, Gary Bastie, Marie Camoes, Vance Eaddy, Robert Chamberlin, Chris Swanson, Vicki Quail, Alegra Reich, and Bruce Day**. Special awards were given to those lucky enough to compete in a “mystery heat” and win. Thanks, Bruce Day for collecting the awards!



High Point winners took home the coveted first place towels. Our own **Ted Bradley, Eric Herman, Kern Davis, and Charlie Kohnken** earned High Point in their respective age groups. Second Place key chains were awarded to **Carmen Adams, Brent Sunnucks, Jim Montante, Paul Scoville, JoAnn Harrelson, and John Cox**. The lone Third Place SPM winner was **Jessie Bardin**. Congratulations to **Jessie Bardin** for breaking the LMSC 18-24 age group record in the 200 Free (2:10.15)! Other record breakers include the 72+ 200 Free Relay (**Sara Cantu, Alisha Adams,**

Carmen Adams, and Jessie Bardin) and individual Florida LMSC records by **Ted Bradley** in the 200 Free and 200 IM, **Bill Specht** in the 50 Fly AND 200 Fly. The fast swims were well documented by team photographers **Kern Davis and Paul Scoville**.

Many team members left the pool and hit the road for the 2008 Komen Suncoast Race for the Cure. The early morning start to the race was not the challenge to our morning swimmers, but the 5K WALK was a first for some! Among the 56 walkers/runners from SPM were 10 survivors. Each year this event draws huge support from the SPM team led by **Chris Swanson**. Great work Chris!

The upcoming intra-squad meet is sure to allow for friendly competition at the home pool. This meet will replace our usual team bonding Sunday morning workout on October 19th. A hearty breakfast *poolside* is promised to everyone who participates. As the team divides for this “high school format” meet, best wishes are sent to both sides!



SUN Masters

In the competition mode, three of us attended St. Pete Masters LC Meet in July. Florence Delaney (60-64), took a first, 2 seconds and a third and fourth. Marianne Bradley (65-69) had 7 firsts and took High Point. Joan Campbell (75-79) had 4 firsts and 5 seconds and took High Point. You Go Girls!!

At the Hot Cocoa Meet in July, Florence took a First, 2 seconds, 3 thirds and a fourth. Marianne had 6 firsts and Nancy Durstein (75-79) had 7 firsts and 3 seconds. Another great showing by our gals.

Coach Joe Biondi, Joan Campbell and Marianne Bradley attended the US Masters Swimming National Convention in Atlanta from Sept. 24-28 at the Hyatt Regency. We had a fun time driving up with Meegan Wilson of 300 Club in Gainesville and Charlie Kohnken of St. Pete Masters. There was lots of talk about, you guessed it, swimming!! There are many different committee meetings to attend, so we spread out in all directions daily to take in as much as possible to bring back to the LMSC. All of the information will be shared with all of you via our LMSC meetings and your team representatives who attend. Joe, Marianne and Joan visited the Georgia Aquarium one evening.....Wow.....a lot of good swimmers in those waters, including 4 whale sharks!! Impressive.

Dixie Zone Top Ten Achievements by our swimmers: Betty Lorenzi has 6 Dixie Zone records in SCY, two of which are USMS records, and in LCM she had 4 firsts and 3 seconds. SCY, Marianne Bradley had 6 Dixie Zone top ten finishes,

then aged up and took 16 places in Long Course. Joan Campbell had 17 finishes in SCY and 16 in LCM. Florence Delaney had 6 in SCY and 7 in LCM. Don Puchalski had 10 places in SCY and 5 in LCM. Elliott Schofield had 7 in SCY and 4 in LCM.

Positive Energy and Prayers Needed...Some of our Sun Masters Friends are facing serious medical problems. Janet Shellenberger has been facing major health issues the past few months and hopes she will be able to return to swimming, biking and running in the near future. Marie Reed is undergoing another round of treatment for breast cancer Elliott Schofield fell and is doing the one-arm butterfly for the time being.

Mark Your Calendars

Our Valentine Meet for 2009 is coming up February 14-15, 2009. The information sheet is in this newsletter. Again we will have a fabulous meet with a lot of good things to eat and drink and great prizes and awards. This year, the "Happy Hour" and dinner will be the LMSC Social at the Sunset Grill Restaurant, on Saturday, Feb. 14, Valentines Day, two blocks from the meet. Grab your Valentine and come celebrate your swims!!!

SWIM CLINICS

Our coach Joe Biondi will be holding various Swim Clinics this year, so if you are interested, contact Joe at jbiondi3@tampabay.rr.com or 727-725-9978. If you're interested, sign up early - the slots fill up quickly

2008 and 2009 Registration News!!!

United States Masters Swimming in the FL LMSC is alive and well and 2008 proved to be another banner year! We had 1680 members for 2008, two more than last year's record number of 1678, with 39 Clubs and 17 Workout Groups of FACT! Breakdown between male and female is 50%/50%. Ages range from 18 – 93! The FL LMSC covers the geographic area of the state of Florida except the counties of Palm Beach, Broward, Dade, Monroe, and that part of Hendry County east of Route 833; and also excluding the counties of Escambia, Santa Rosa, Okaloosa, Walton, Holmes, Washington, Bay, and that part of Calhoun and Jackson Counties west of the Apalachicola River.

On November 1, 2008, online and paper registration will be available for all new and current USMS members to register for 2009. Current members are covered under their 2008 memberships until 12/31/08. However, new members can start registering for 2009 on November 1st and that membership will carry them through December 31, 2009. Current members can also register for 2009 starting on November 1st. The 2009 fee will remain at \$33 (\$25 to USMS, \$8 to FL LMSC). Included in this fee is a subscription to SWIMMER Magazine, the Florida LMSC Newsletter and also includes liability and secondary accident insurance during all sanctioned events and supervised workouts.

ONLINE REGISTRATION: After a few initial hiccups in the initial online registration process earlier this year, I can say that the online registration is up and running smoothly. For 2009, you can continue to register via your Club's paper registration form or you can register online. Both links can be found on our website: www.floridalmc.org, click on "Forms and Registrations", then scroll down the left side and click on "[Florida Online Registration](#)" for online registration or "[2009 USMS Interactive Registration Forms](#)" link which will be on the website on November 1st for your Club's paper registration form. Please know that you can only affiliate with a Club that has registered for 2009. I have emailed all current Clubs their Club Registration forms and hope to have them all back by mid-October, so there shouldn't be any interruption in 2009 swimmer registrations. Be sure to read all the instructions on the website before registering online. **CLUB FEES are not collected online.** You **MUST** pay club fees directly to the Club Registrar. Some Clubs that are also chapters of FACT collect the FACT fees and send them to the FACT registrar. See: "[Instructions For Paying Club](#)

Inquiring minds want to know the explanation of the USMS ID Number: The USMS ID has two parts to it, separated by a hyphen. The first part is 4 characters long and the second part is 5 characters long. The format, *LLYN-XXXXX* is created as follows:

LL = 2 digit LMSC number – FL LMSC is 14

Y = last digit of registration year - 2008 registrations will all be 8, 2009 will all be 9.

N = check digit (used by software to validate numbers). This number will be different for you every year.

XXXXXX = The swimmer's permanent ID. This alpha-numeric ID remains unchanged for a swimmer from year to year. All alpha characters are uppercase and the characters I (uppercase i) and O (uppercase o) are never used (the numbers 1 and 0 are used).

[Fees When Registering Online](#)" on the Florida LMSC website Registration page. It will tell you which Clubs collect fees and where to send the Club fee. Currently the Clubs that collect Club fees are: FACT and any FACT Chapters (SCSF, SARF, TBAF, TMMF, VASF, 300F), 300, BLUE, BOLM, BMSC, GSC, FMM, HLJ, MOO, ORLM, SPCO, SPM, SWSM, SWFA, AQNT, SCCS, SUN.

If you write out your registration, PLEASE print legibly, especially names, address and email. I am receiving too many registrations from people that want their Newsletter via email and I can't read the email address. Also, PLEASE include your area code and zip codes. I process registrations for most of the state of Florida and am not familiar with area codes and zip codes. So please don't write a city as IHB and leave it at that because I don't know what or where that is. It's also important that if you have a name change (due to marriage) please let me know ASAP as well as any address and email changes so that you can continue to receive uninterrupted issues of *SWIMMER Magazine* and *Florida Newsletter*.

Lost your USMS Card? To retrieve your USMS Card, you can access this site:

https://www.clubassistant.com/club/usms_member_card_request.cfm

As we move into 2009, I wish to thank everyone for your continued support! We have so many exciting meets and events already scheduled for 2009. Be sure to keep updated on all the FL LMSC and Dixie Zone news by logging on to our website: www.floridalmsc.org. **Meredith Moore, Registrar**

Upcoming Events

Short Course Yards

Nov. 14 / SCY: Sarasota County Games for Life. Sarasota, FL. For information, contact [Deb Walker](#) (debswim@comcast.net). *This is a Florida senior games (ages 50+) and qualifier for the state senior games in December. This event is USMS recognized.*

Dec. 6-7 / SCY: Florida State Senior Games. Estero, FL. *This event will be USMS recognized.*

Feb. 14-15 / SCY: SUN Masters Valentine Meet. Clearwater, FL.

Feb. 20-22 / SCY: Masters Challenge. Ft. Lauderdale, FL.

Mar. 27-29 / SCY: St. Pete SCY Championships & Florida vs. Gold Coast State Championships. St. Petersburg, FL.

Apr. 16-19 / SCY: YMCA Masters Nationals. Ft. Lauderdale, FL.

Apr. 24-26 / SCY: Gary Eaton Memorial Meet. Atlanta, GA.

May 7-10 / SCY: USMS SCY Championships. Fresno, CA.

Short Course Meters

Nov. 16 / SCM: Bridge the Bay Meet I. Sarasota, FL. *Entry deadline: received by Friday, November 7.*

Nov. 23 / SCM: Bridge the Bay Meet II. St. Petersburg, FL. *Entry deadline: received by Saturday, November 15.*

Dec. 6-7 / SCM: Holiday Classic. Coral Springs, FL. *Entry deadline: received by Monday, December 1.*

Long Course Meters

June 13-14 / LCM: Bumpy Jones Classic. Sarasota, FL.

June 19-21 / LCM: June Krauser Summer Splash. Ft. Lauderdale FL.

Aug. 6-10 / LCM: USMS LCM Championships. Indianapolis, IN.

Open Water/Postal

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

Jan. 1 - 31 / Postal: USMS 1 Hour Postal Championships: Ohana, Pacific Northwest LMSC

Jane Moore, 253.759.4956, swimmoore@comcast.net or Janae McCullough 253.228.5947,

ohanaswimteam@gmail.com.

May 15 - Sept. 15 / Postal: USMS 5 and 10 Kilometer Postal Championships (50 meter pools only) Minuteman, New England LMSC Susan Sotir, 339.222.3165 (cell), 781.257.5102 (home), spsotir@rcn.com Rich Axtell,

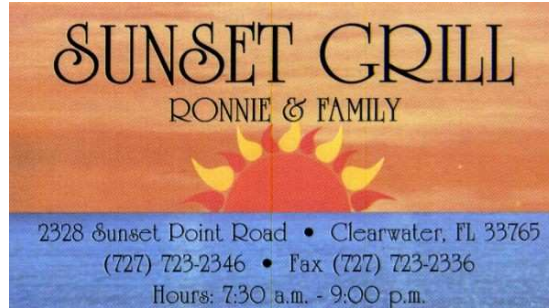
rich@minutemanmasters.com Nate McBride, coachnate@minutemanmasters.com.

June 12-14 / OW: Open Water Festival (1-mile, 5K, 10K). Ft. Myers Beach, FL.

Convention

Sept. 16-20: *(not a meet)* USMS Convention. Chicago, IL.

2009 Florida LMSC Social & Awards



Saturday February 14, 2009 - Clearwater, FL

- **COST:** \$10 per adult; \$5 per child (12 and under). (*Subsidized by the Florida LMSC*)
- **TIME:** Please join us at 5:00 pm.
- **WHERE:** Banquet Room @ Sunset Grill- 2328 Sunset Point Rd, Clearwater, FL
- **ALL** are welcome. Dress is casual.
- **MENU:** Choice of seven entrees: 1. Jumbo Stuffed Ravioli Florentine (Vegetarian) 2. Chicken Breast Parmesan with Spaghetti; 3. Baked Stuffed flounder; 4. Top Sirloin Steak; 5. Fried Shrimp 6. Roast Pork Loin 7. Grilled Chicken Greek Salad. All served with soup or salad except Greek Salad. Flounder, Shrimp, Pork Loin and Top Sirloin are also served with choice of baked potato, baked sweet potato, vegetable or rice. Choice of soft drinks and assorted pies. Full Cash Bar available.
- **CHILDREN'S MENU:** Spaghetti, Fried Shrimp; Fried Fish; Hamburger; Pork Chop; Hot Dog, Mac & Cheese, Grilled Cheese or Chicken Tenders.
- **RESERVATIONS** are required. Deadline is February 2nd. A few tickets may be sold at the door for \$15 each, but to be sure of food availability please email or call in any last minute reservation requests. *Remember that a reservation is a commitment.* Please make checks payable to Florida LMSC and include a separate check with your meet entry or mail to: SUN Masters c/o Don Puchalski; 157 Lakeview Way ;Oldsmar, FL 34677-2257 (bradley@m@tampabay.rr.com 727-784-0420)

*Recognizing the Best in 2008**

The Following Awards will be presented:

- **Most Valuable Swimmers of the Year** - Awarded to the top male & female swimmers selected from the top ten Florida Swimmers of the year in both long distance and pool.
- **Outstanding Swimmers of the Year** - Awarded to the next four top ten swimmers, male & female.
- **Top Ten Swimmers of the Year** - Awarded to the next five top ten male & female swimmers.
- **Leather Lungs Award** - Awarded to all swimmers who have completed all individual events in short course yards, long course meters and short course meters and/or all five USMS postal events.
- **Sue Moucha Overcoming Adversity Award** - Awarded to a swimmer who has overcome adversity and who provides inspiration to all while pursuing swimming.
- **Frank H. Tillotson Award** - Awarded to a swimmer who has made outstanding contributions to his/her own team, the Florida LMSC, the Dixie Zone &/or USMS, and the general swimming community beyond Masters.
- **Florida LMSC Service Awards** - The Florida LMSC honors those members for outstanding past and present service to the Florida LMSC.

**Criteria for all awards are posted on the Florida LMSC web page (www.floridalmc.org)*

2009 SUN Masters Annual Valentine's Meet ~ February 14-15, 2009

Hosted by SUN Masters Swim Team, Inc. & St Petersburg/Clearwater Sports Commission

Sanctioned by Florida LMSC for USMS, Inc # 149-001

DATE & TIME: Saturday, February 14: warm-up 7 AM for 1000 free, start at 8 AM; warm-up at 10 AM for other events, start at 11 AM, Sunday, February 15: warm-up at 8 AM, meet begins at 9 AM.

FACILITY: The Long Center, 1501 N. Belcher Road, Clearwater, Florida. The Long Center is an indoor 50 meter x 25 yard pool. This meet will be using 10 of the facility's 20 short course yard lanes with Daktronics timing for competition and 10 lanes will be provided for warm-ups during the course of the meet. All events will be swum in numerical order slow to fast.

Events 1 and 2 are limited to the first 50 to enter. Free refreshments for all swimmers. Breaks taken as needed.

ELIGIBILITY: Current USMS rules will govern. All athletes must be 18 years of age or older as of February 14, 2009, and be registered with USMS, Inc. Non U.S. citizens should have a letter of introduction from their own swimming association.

ENTRIES & FEES: Swimmers must pre-enter by mail. **Entries must be received by Friday, February 6.** Swimmers may enter a maximum of five individual events per day. Each entry must be submitted on the entry form with your name, registered team (local chapter, if applicable), age, event description, event number, USMS registration number, and seed time. Please be sure that all information is filled out, the waiver signed, and a copy of your 2009 USMS registration card is attached. Entry fees are \$2.50 per individual event, \$5 per relay team, and a non-refundable \$20 surcharge to cover the electronic timing system. Please make checks payable to **SUN Masters Swim Team, Inc.** and mail to the address on the entry tab. Scratches will be accepted and allowable refunds made by notifying Don Puchalski prior to 4 PM on Monday, February 9 at (727) 786-1530 or donpuchalski@earthlink.net.

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

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

ORDER OF EVENTS: (*check-in required 1/2 hour prior to event. Events 1 & 2 will be deck seeded, combined, limited to first 50 entrants, and seeded slow to fast. Events 19/20 will be deck seeded. Events 21/22 will be combined and deck seeded.

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

LMSC Social Saturday night at the Sunset Point Restaurant (close to the Long Center). Look for information in the flier elsewhere in the newsletter.

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

Fees: Meet surcharge.....= \$ 20.00
 # events (___) x \$2.50.....= \$ _____
 Custom T-shirt (___) x \$15.....= \$ _____
 Circle size: S M L XL XXL
 TOTAL ENCLOSED.....= \$ _____

Make checks payable to **SUN Masters Swim Team, Inc.** and mail the check and the entry form with this tab attached to
 Don Puchalski
 SUN Masters
 157 Lakeview Way
 Oldsmar, FL 34677-2257

ATTACH A COPY OF YOUR CURRENT USMS CARD HERE.

BE SURE TO SIGN AND DATE THE ENTRY FORM.

Florida LMSC Consolidated Entry Form

Name _____ male female USMS # _____

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

Club _____ Phone (____) _____ e-mail _____

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

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

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

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

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

PLEASE SIGN AND DATE _____

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

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