

Florida LMSC Newsletter

Volume: 26, Number 3

August 2009

Celebration of Life - Frank H. Tillotson

December 9, 1914 - June 6, 2009



**Frank , 92, after his last
hour swim, 2007**

On June 6, one of Masters swimming pioneers passed away in his sleep at the Edward White Hospital, St Petersburg, FL. Since then, the Florida Mavericks have received many kind words of condolence, which we have passed along to his family. He is remembered as a fixture at meets, pleasant, helpful to all swimmers and one who encouraged all to do their best. On July 5, the Mavericks held a Celebration of Life on the beach behind North Shore Pool, St Petersburg, where Frank spent many hours training, competing and officiating. His good friend, Peter Brooks, spread his ashes around the perimeter of the building and "into the sea." More information about Frank can be found at <https://www.usms.org/features.php?id=141>



We hope he is at peace swimming his laps in that great pool in the sky, and saves a lane for us. As he would say, "Swim In Good Health."

In the June 1999 issue of *Maverick Lane Lines*, Frank was featured as the Maverick of the Month. <http://www.maverickswim.org/Tillotson.htm>
This is his story, and picture, left, as a youthful 84 year old.

His early swimming began in the Atlantic Ocean, off Long Island, New York. After farm work, he and his brothers would swim a bit, if it was calm and they weren't bothered by sharks. In the spring of 1936, Frank ventured into the Old Armory pool at Cornell University. Coach asked him if he wanted to swim. Frank said, "Sure." He was told to lie on his back, pull with his arms over his head, and kick. He did this for ten days, unnoticed. From April until June, he had lessons. Coach Scotty Little assured Frank the ocean would not do for summer swimming. Noyac Bay, across the island, would work. As often as possible, he drove eight miles after work, and swam from the dock to the beach, 1.25 miles, round trip. Once, about a half mile from shore, he kicked a shark. Luckily, the shark swam away in disgust!

In the fall, when he returned to Cornell, he was the only backstroker. He swam with the team until he graduated in the spring of 1939.



**Frank Tillotson, 84,
"The Story Teller."**

For many years, he was busy with work and family and had no access to a pool. In 1973, he moved to St Petersburg and joined St Pete Masters. In 1988, he swam for Holmes Lumber at the World Championships, Brisbane, Australia. Frank has spent countless hours organizing Masters swim meets, editing the FL newsletter and officiating.

In 1996, he was one of the founders of the Florida Maverick Masters. In 1997 and 1998, he competed on their men's National Championship teams. Frank lived in St Petersburg, FL



LETTER FROM THE CHAIRMAN

Dear Florida LMSC Members,

Our second Florida LMSC meeting followed the first days events of the St Pete Masters LC meet on July 11. We had voting representatives from 4 clubs, SPM, SYSM, FMM and FACT (Fact chapters present at the meeting were VAST, SUN and 300). USMS Executive Director, Rob Butcher also attended the meeting. There are 50 clubs registered in our LMSC and as of June 25, we had 1463 members. I am hoping to see an increase in club representation at our next meeting and I encourage other clubs to please get involved. Some important business and policy changes at the meeting were:

1. **Ted Bradley** will be our **new webmaster** and will be redesigning our website. Your Board is in the process of setting up a contract with him. If you have any suggestions for improvements, please contact me. Once the makeover is complete, your team representatives will be notified.

2. At the meet director's discretion, a *copy of your current USMS registration card* **will not be required** for Florida LMSC members competing in a Florida LMSC sanctioned meet, but a copy of your card is required if you are registered outside of the Florida LSMC. Meet directors are still required to verify all swimmers. If a swimmer who was not currently registered were to compete in a sanctioned meet, insurance for all swimmers would be negated.

3. A *copy of your card* **is now required** for all Florida recognized events, if you want your times to be considered for USMS Top Ten and Florida Top 5. These must be given to the designated USMS observer at the meet. Remember that only five events swum per day will be considered for submission to USMS Top Ten. If you swim more than five events per day, you must indicate on the sign-in sheet your 6th+events.

In July, USMS moved into their new headquarters in downtown Sarasota. The historic Pagoda building, which USMS recently renovated, is located at 655 North Tamiami Trail; Sarasota, FL 34236.

Meegan Wilson
Florida LMSC Chairman

Delegates to USMS Convention

The Florida LMSC will be represented by 9 delegates this year. Our four Florida Delegates are: **Marianne Bradley, Margie Hutinger, Charlie Kohnken, Patty Nardozi**. We have three automatic Delegates: **Victor Buehler**, Convention Coordinator; **Joannie Campbell**, Finance Committee, and **Meegan Wilson**, Legislation Committee. We will also have two At-Large Delegates, **Rick Walker** and **Bill Brenner**.

Annual Florida LMSC Meeting

We will have our Annual Florida LMSC meeting in Orlando **on October 17**, following the first days events of the **1st Annual Rowdy Gaines Masters (SCM) Classic**. Entry form is in this newsletter. Please make sure that your team is represented at the meeting.

New Policies Passed at the July Florida LMSC Meeting

Please read the Chairman's letter above for important policy changes.

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*The Florida LMSC newsletter is
published in February, May,
August & November*

Congratulations To Our 2008 USMS Top Ten Florida Swimmers

Steve O Allbritton,	Ralph Coxhead,	Burwell Jones,	Jan Soderstrom,
Jean M Allen,	Janet M Crisp,	Bill R Kelley,	Karen M Spaun,
Robert D Atwood,	Jennifer A Cunningham,	Matthew J Koepfel,	William L Specht,
Pavel A Babaev,	Chester D Miltenberger,	Jay R Lockaby,	Sharon B Steinmann,
Jean A Bancks,	Jerry M Dawson,	Betty S Lorenzi,	Michael A Stollmeyer,
Jessie L Bardin,	Laura J Dissington,	Robert C MacDonald,	Kelli Sweeting,
Robert E Beach,	Kathryn J Dougherty,	Vanessa Martinez,	Sarah R Swoch,
Karen L Becker,	Jennifer N Douglas,	Barbara A Mc Nulty,	Suzette Trainor,
Lester O Bell,	Deanna Doyle,	Kevin M McCormack,	Paul T Trevisan,
Ellen K Bennett,	Mark A Drennen,	Sean P McCormack,	Gary Trimble,
Peter R Betzer,	Nancy N Durstein,	Bruce E Mohl,	Jean D Troy,
Robert Blake,	Dean Dye,	Meredith A Moore,	Patricia A Tullman,
Thomas G Bliss,	Cliff Eastwood,	Harold J Murray,	Mary C Tusa,
Patricia M Bond,	Sylvia Eisele,	Edward Nessel,	Marianne A Vann,
Ted J Bradley,	Kevin Erndl,	Anthony M Nieuwenhuis,	Melissa D Varlas,
Marianne E Bradley,	Jennifer M Faith,	Timothy R O'Neill,	Holly A Vaughn,
Abrasha Brainin,	Dren Geer,	Stepan Oliva,	Rosie Vijil,
Jason Brauer,	Pam Geiger,	Tomas Oliva,	Linda Visser,
Bill Brenner,	Chris S Gilligan,	Gladys Olsen,	Brian S Voisard,
James F Browne,	Joan K Glaraton,	Agnese Ozolina,	Fred W Wakelin,
Sylvia C Buxton,	Merit L Greaves,	Marshall Pepe,	Deb W Walker,
Beth N Byron,	Scott Guthrie,	Charlotte Petersen,	Rick B Walker,
Mark A Calvert,	Laura Hamel,	James Pitts,	Charles Weatherbee,
Joan K. Campbell,	Jo Ann Harrelson,	Doris C Prokopi,	D Scott Wells,
Larissa Carmichael,	Martha J Henderson,	Donald Puchalski,	Karl E Wiedemann,
Florence E Carr,	Eric C Herman,	Gordon P Ralph,	Susanne M Wienrich,
Lynn Cartee,	James L Hiers,	Alex M Ramirez-Miller,	Diane S Williams,
Bunny Cederlund,	Rogers B Holmes,	June B Reynolds,	Robert M Williams,
Kate R Cillian,	Harrison Homans,	Mary H Roebuck,	Jennifer T Willis,
Casey Claflin,	Margaret T Homans,	Michael J Ruelf,	Marly J Wilson,
Brud Cleaveland,	Ruth A Hoskinson,	Cyle E Sage,	Meegan J Wilson,
Chris S Connor,	Maureen C Hughes,	Pat A Sargeant,	Glenn C Woodsum.
Paul Cook,	Judy K Humbarger,	Kristen B Schouten,	
John E Cornell,	Paul Hutinger,	Robert E Sigersmith,	
John D Corse,	Margit H Jebe,	Thomas E Smith,	



Dear Florida LMSC Members,

The following Florida LMSC Members have donated to either the USMS Foundation and/or the International Swimming Hall of Fame Foundation (ISHOF) from February thru June 2009: Leslie Aaron, Jeff Adams, Jen Anderson, Brent Armstrong, Amy Berdusco, Roselin Betancourt, Jack Bodiford, Peter Brooks, J. Michael Cheezem, Claire Clark, Erin Crabtree, Pete Edwards, Frank Elm, Robert Flannery, Tom Gallagher, Christine Greider, Scott Guthrie, Allyson Hansen, Kathryn Hood, Stephen Jasper, Elizabeth Jenkins, Jill Kilsgaard, Cliff L'Heureux, Eddie Mas, Lucky Meisenheimer, Sue Miller, Chris Moor, Robert Nagle, Sara Ohlandt, Jared Repass, German Rieckehoff, Sheri Schneider, Harold Singer, Victor Sirbu, Susan Thayer, Eric Vanoer, Matt Watkins, Colleen Weatherbee, and Mimi Wilson.

Thank you! Your support of US Masters Swimming is greatly appreciated.

Sincerely,
Florida LMSC Board of Directors

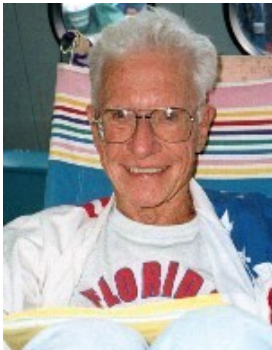
Florida LMSC Newsletter Notifications

I will be sending out a link to the Florida LMSC Newsletter as soon as it is available TO ALL MEMBERS who have submitted an email address with their registration. If your email address changes, please notify me. For those who have requested to receive their Newsletter via email, be sure that I am on your "accepted" list. I get many returns from MindSpring, Juno, Yahoo, EarthLink, Hotmail, company emails and several others. I do not have time to fill in information to be on your "accepted list". Please be sure that Mamoo49@aol.com (Meredith Moore, FL LMSC Registrar) is on your "accepted" list so that you can receive newsletters, registration renewal notices and any other important info that may come up in a timely manner. Thank you! Meredith Moore - Registrar, Florida LMSC

Deadline for November Newsletter Submissions Is October 8

Please limit your Club news to 600 words or less. The editor reserves the right to edit as needed. Please scale your photos to 3-4 inches before sending to the Newsletter Editor. Meet Directors - Please send meet information and entry form in .doc format, if you want it considered for placement in the newsletter. Send all information to Jason Brauer - jasbrauer@yahoo.com

ASK THE SWIM DOCTOR



QUESTION: Have you ever experienced breathing problems during your training or competition?

ANSWER: What a question! The answer is, "yes," however, beyond the expected discomfort. My experience, about five years ago, was that in back stroke, I could not hold my breath on a push off. I have rheumatoid arthritis and believed it might be a lung inflammation. I used an inhaler before swim events, which helped. As an 80 year old, in 2005, I swam three backstroke events and set National Records at the Worlds, in Italy. However, I did have breathing problems on my last two turns on the 200 m. I took in water, and it took me about ten meters to clear.

Two years later, the problem cleared up. I taught Exercise Physiology at the college level, and it had all the characteristics of exercise induced asthma. I have never had any breathing problems or asthma in my previous 80 years. Cold is the biggest trigger to the onset of EIA. I find that I have EIA in my training, because the pool that I train at, keeps the water colder than 80 degrees.

Lately, my EIA has returned. This time, I had a pulmonary test for a medical evaluation of the problem. My test demonstrated that I had a 10% greater lung volume than others, my age, 80's. During my test, I had a flare-up of EIA. When I used an inhaler (albuterol), I had a 30% increase in the pulmonary test. Swimmers and wind instrument musicians have the highest lung volumes measured.

Using my albuterol inhaler before practice anmeets has helped me reduce my EIA. Check with your doctor, to see if this would help you. If you know any younger swimmers with a similar problem, have them check with their doctor to see if EIA could be the culprit.

Want additional information? Contact Dr. Paul Huting: 727-521-1172 OR phut@usms.org.



MASTERS OF ORLANDO

The MOO team had a very active summer season. From the beaches of south Florida to the Gulf of Mexico and to the fresh lakes of central Florida, MOO made a splash all around. On April 16-19, the MOO team captured 5th place overall at the YMCA Masters National swim meet held in Ft. Lauderdale, FL. This annual championship meet was packed with best times, great swims, tons of fun and of course, plenty of cow apparel to go

around. The team welcomed several newcomers, **Kathy von Dohlen, Starlene Burns, Debbie Baker, Maria Gonzalez, Ken Hickey & Andrew Greener** who were indoctrinated into becoming full

MOO members. To culminate the meet, three members of the MOO team trotted into the spotlight on Sunday when they performed and danced to the well anticipated YMCA song in their respective "village people" cow apparel. With an enthusiastic response from the crowd, be on the lookout for these guys to make their return next year.

Congratulations to all swimmers including **Kathleen Fitzgerald, Chandler Crossover, Steve Laugen, Kirby Bell, John Schrantz, Mark Kowalak, Sean McClean, Chris Bolfiging, Gilberto Hall, Aaron Huie, Wayne Baker, John Jackson, Colin Schneider, Sean Patrick McCormack, Erin Crabtree, Jackie Spence, Ryan Hall, and Teresa Szakos.** Congratulations to all and go MOO!!!



On May 9, 2009, the MOO team hit the beaches of St. Petersburg to compete in the annual Hurricane Man 2.4 and 1 mile open water swims. With smooth conditions and great weather, these swimmers couldn't have asked for better race conditions. After this early morning jaunt, the MOO team celebrated their swims by enjoying the breakfast buffet and complimentary drinks at the Hurricane Restaurant. Thanks again St. Pete Masters for hosting this annual favorite event. Well done to **John Jackson, Chris Bolfiging, Kathleen Fitzgerald, Kristin Rygg, Bruce Schmidt, Erin Crabtree, Rachel Coursey, John Schrantz, Kirby Bell, Ryan Hall, Sean Patrick McCormack, Teresa Szakos, Aaron Huie, Steve Laugen, Chandler Crossover and Sean McClean.**

The MOO team switched directions later that month and dove into the fresh water arena. On May 30, 2009, the team competed in the annual one mile swim in Lake Maitland followed by the infamous pancake breakfast. This year, the team had a record attendance. After enjoying their swims, the team enjoyed pancakes, mimosas and the company of Carrot Top, the widely-known comedian and meet director. Congratulations to **Ryan Hall and Sean Patrick McCormack** for winning overall men's & women's races.



And most recently at midnight on July 4, 2009, several members celebrated the 4th by watching Jaws and immediately doing a midnight swim crossing in Lake Cane at Lucky's Lake. Those who

completed this feat earned bragging rights and most importantly, a midnight swim patch.



UPCOMING EVENTS

Fall 2009-Annual dual meet vs. Rollins College; January 16 & 17, 2010-1st Annual MOO meet in Orlando, FL (mark your calendar now!)



FACT

The USMS National SCY Championships were held in May in Fresno, California. **Ellie and Rick Trevison** and **Martha Henderson** were the lone representatives for FACT; we were the largest Florida contingent, however. A long trip and the fact that National Senior Games are also being held in California I am sure cut into the attendance. Ellie, in the 65-69 age group, came away with a 4th in

the 1,000, 8th in the 200 and 9th in the 500 free. Martha placed 3rd in the 50 back and 50 fly and 8th in the 100 free. Rick (65-69) placed 15th in the 200 and 500 free and 12th in the 1000. Martha's accomplishments were extraordinary since she went in for hip replacement surgery after returning. Her bionic hips have made a difference, as you will see in her latest swims!

Sylvia Eisele left for Canada shortly after the St Pete meet in March and continued her great swims at Canadian SCM Nationals in Toronto. She set several Canadian and World records and unfortunately suffered cardiac arrest just after her record setting relay. She credits an alert teammate with saving her life when he noticed she was having difficulty in the pool. With CPR and a defibrillator she survived and was rushed to the hospital where she has had a pacemaker inserted and is slowly returning to health. We wish her a speedy recovery.

Sarasota's Bumpy Jones meet was well attended this year and we all enjoyed the cool pool and beautiful weather as well as the additional shade they have installed over the past couple of years. 43 FACT teammates attended and there were a number of Long Course Meter firsts among them. "How long is this pool???" We again had some difficulty getting members of the team to check with the list of relays we attempted to set up. Our FACT banner was displayed at the far side of the pool and next to it the relays that had been set up from the psych sheets. We appreciate that not all members wish to swim relays or are planning on leaving early, etc. However, just checking to see what has been set up is helpful and letting whoever is doing the relays know what your plans are. It is a job to coordinate relays and fun for many of our teammates to meet with members of other chapters. Our 400 Women's Medley 200+ took 3rd; the 800 free women's 280+ relay took 1st; the 400 Mixed Medley relay 320+ was 2nd and the 240+ won.

The National Senior Games to be held in Stanford, California in August will have several FACT participants. I've noted at least 10 – that's 1/3rd of the Florida contingent. Good luck to all – we will keep an eye out for the results!! It's a fantastic facility – having swam there at the World's I have first-hand knowledge.

Over the July 11th and 12th weekend 40 members of the FACT team competed at the St Pete Masters Long Course Championships. **Joni Henderson** from Naples and **Shirley Fishlock** of the Villages assisted Joe and I in setting up the relays. Chapters from The Villages, SUN Masters, the Naples area, Sarasota, and the Golden Triangle joined together in the combined effort. FACT placed 1st in the Women's, 3rd in the Men, and 2nd to the host team of St Pete in the overall scoring. The group had a great time meeting everyone and fielded 17 relays – two dq's (have to practice getting off the blocks legally!) and 8 winning relays. We'll work for those finer points in the fall short course meters meets!

Also we have 10 people attending Long Course Nationals in Indianapolis. Tiger Holmes and his group from Holmes Lumberjack Chapter will be joining us for some great relays. Looking forward to it.

Make sure you keep in touch with our bimonthly News on the floridalmcsc.org website. Just click on FACT. Send any news items you may have to jcampb10@tampabay.rr.com and I'll include them.



SARASOTA

The Bump Jones Meet: Some big names in Masters swimming were in attendance, including **Karlyn Pipes-Neilsen**, **Rob Butcher**, **Jack Groselle**, **Eney Jones** and her dad, **Burwell "Bumpy" Jones**, and of course our own **Deb Walker**! **Kiki Steinberg** said it best in a recent email; "there are some fast a** chicks in this meet..ouch!

On Saturday, Kiki started things off with an excellent swim in the 200

backstroke, going 2:51.50 and taking 2nd place. Kiki has just returned to competitive swimming after about a five year hiatus and it looks like she picked up where she left off! **Helen Vetter** swam the 200 backstroke for the first time, taking 1st in 5:18.82 and shredding her seed time by 12 seconds!

Next up were **Gillian Whatmore, Deb, Barb Wear** and **Jim Donnelly** in the 100 Breast. Gillian took 5th in the very competitive 45-49 group, clocking in at 1:39.05. Deb, Barb and Jim all took first in their age groups, going 1:28.66, 2:51.10, and 1:32.15. Nice going!

The 100m fly will put fear in many Masters swimmers, but not **Helen Vetter**. She swam a 2:33.71, dropping 4.62 seconds from last year's swim. Wow! Attention now shifted to the start of the 50 free, and the debut of **Nancy Kunzle** and **Cindy Hegwein** (related to the coach only by marriage...)! Nancy, in her first competitive swim, touched the wall in 45.12, good for 9th place. Congratulations, Nancy! Deb and Cindy both swam in heat 7, with Deb taking 2nd in a new personal best time of 32.84, and Cindy earning 6th place in 33.54. Kiki had to battle the "fast chicks," and swam the 50m in a blistering 30.53, good for 2nd place. Jim added another 1st place ribbon to his haul, going 31.57.

In the 50 back, Helen took 5th place, stopping the watch in 1:07.44. Deb and Cindy again swam in the same heat, with Deb going 41.49 and Cindy 42.92, good for 2nd place in their respective age groups. Kiki again had the pleasure to race **Karlyn Pipes-Neilsen**, and powered her way to another 2nd place finish in 35.93. "Jimbo" added another blue ribbon, hitting the wall in 40.62.



The 200 breaststroke is as grueling a race as any, so it seems appropriate to swim it on a Sunday! Deb did just that, taking first place in 3:16.67. In the 100 freestyle, Barb set a new personal best, clocking a 2:11.40 and 3rd place. Cindy and Deb again (third time) raced each other in the same heat, with Cindy taking 2nd in 1:14.69, and Deb recording another personal best time of 1:13.43, and another 1st place! Jim picked up where he left off on Saturday, swimming the 100m back in 1:28.47, a blue ribbon to his name. In the 50 breast, Deb, Barb and Jimbo all took 1st in their respective age groups, with newcomer Nancy finishing 5th in 58.09.

On a side note; there were several world and national records broken, most notably by **Burwell "Bumpy" Jones**.

Congratulations to "Bump" from all of us at SARF, "The Original Sarasota Masters!"

These terrific accomplishments of our Sarasota master swimmers are due in a large part to the new training program at Arlington Park coached by **Peter Hegwein**. Coach Peter is not only a USS and ASCA certified coach, but also a certified starter who is currently undergoing the strenuous training to be a meet referee. What qualifications! His knowledge of stroke technique and conditioning is really paying off for all the Sarasota FACT swimmers. And he is also an accomplished breaststroker! Thank you, Coach Peter for all you do for our Sarasota swimmers!



ST. PETERSBERG MASTERS

Twelve of our teammates participated in the Sarasota YMCA Bumpy Jones Meet last month. Fast swims and many first place finishes were achieved by SPM! **Bill Specht** garnered four first place finishes in the 50, 100, and 200 butterfly, and the 50 free. **Ted Bradley** finished first place in the 100 breast and 200 back. **Anthony Drain**, swimming in his second meet for SPM, swam best times in all of his events. Rounding out the men's team was **Peter Betzer** with top three finishes in all four of his events and **Joe Baker** swimming in four events on Saturday.

Charlotte Petersen swam on Saturday against some very stiff competition and managed excellent times in the 200 back and 200 and 400 freestyle events. She

then kindly came back on Sunday to officiate the meet. **Pam Geiger** also came down on Saturday, swimming in four events and placing third in three of them. **Jennifer Bronson** had dropped time in her 100 back and 50 fly. **Adrienne Forkois, Barbara McNulty, Paula Texel, and Flavia Zappa** swam eight or nine events each, achieving the title of “the iron women” for this meet!

Representing SPM on the swimming world stage this spring included **Bill Specht, Bob Beach, and Sandy Steer**. Bill Specht won three of his five events and set 2 new U.S. Records at the USMS Short Course National meet. Bill broke his own record in the 100 yard backstroke (56.16) with a new record time of 56:01. His second record was set in the 200 yard back with a time of 2:03.62, breaking his old record of 2:04.42. Bill also placed first in the 200 butterfly, and second place in both the 50 and 100 fly. Well done, Bill! Bob Beach competed in the national open water swim, winning his age group.

SPM HOSTS ANOTHER SUCCESSFUL MEET

Once again, having no control over the weather, we survived some crazy off and on heavy rains on Sunday to complete another successful *St. Pete Masters Long Course Championship Meet*. With a grand total of 1,690 points, St. Pete Masters was able to pull off another convincing win. Thanks to our 42 team members that showed up to swim and contribute to the relays and individual point totals. Coach **Patty Nardozzi** ran a wonderful meet weekend for us, cheering us on. Coach Patty- we appreciate all you do!

Speaking of relays, it was fun watching a few of our “come from behind relays” take the win and also very entertaining watching our 160 plus relay (**Tricia Moses, Anthony Drain, Charlotte Petersen and Bill Specht** – 1:55.75) take the win over our 100 plus relay (**Jessie Bardin, Eric Herman, Jessica Weinberg and Ted Bradley** – 1:56.44). Gotta root for the “oldies” once in awhile!

Leading St. Pete Masters in the results was **Charlotte Petersen** with a perfect eight for eight (the 800 is a recognized split, not an event). Not only did she win every event and 3rd high point for her new age group (45-49), but managed to break every LMSC record in the events that she swam! New records are in: 100 Free (1:03.96), 200 Free (2:17.23), 400 Free (4:50.61), 800 Free (10:18.31), 1500 Free (19:26.43), 100 Back (1:17.67), 200 Back (2:39.58), 200 IM (2:43.60). **Bill Specht**, tying for 3rd high point, handily won his events and managed to break three LMSC records in the process. New records are in the 50 Fly (27.49), 100 Fly (1:01.20) and 200 Fly (2:21.03).

As always, many of our SPMer’s went home with a high point award. This year’s t-shirt awards were presented to the following: First Place – **Sarah Swoch** (18-24), **Adrienne Forkois** (30-34), **Parker Trojanowski** (30-34), **Eric Herman** (35-39), **Peter Betzer** (65-69); Second Place – **Jessie Bardin** (18-24), **Jenn Verser** (25-29), **Ted Bradley** (25-29), **Monica Emory** (35-39), **Josh Smith** (40-44), **Ken Gersbach** (45-49), **JoAnn Harrelson** (50-54); Third Place – **Jessica Weinberg** (18-24), **Flavia Zappa** (40-44), **Charlotte Petersen** (45-49), **Barbara McNulty** (50-54), **Bob Beach** (75-59). Congratulations to all of you!

It was so great to have quite a few new members jump into competing at this meet. First and foremost is **Davenia Navaroli** (55-59) who worked up enough nerve to swim in the 50 Free this past weekend. This was such a huge accomplishment for her as she literally did not know how to swim two years ago. She was so excited and very appreciative of the support from the rest of the team! **Parker Trojanowski** (30-34), **Josh Smith** (40-44), **Keith Nelson** (45-49), **Jenn Verser** (25-29), and **Kay Herrera** (45-49) enjoyed their first meets with St. Pete Masters as well. **Wendy Johnson**, well on her way to recovery from her very serious illness, had a great swim in the 1500 Free. Also, very nice to have **Barbara Prescott** compete, even though Harold had to bully her into it!

I always leave this for last, but this is the glue that keeps the swim meet together – VOLUNTEERS! Thank you, thank you, thank you for sacrificing your valuable time for St. Pete Masters. We could not have done it without the following: **Bruce Day, Lisa Plescia, Al Johnson, Mitchell Snyder, Laura Kaleel, Pam Geiger, Regina Morrissey, Alegra Reich, Joe Baker, Diane Bradley, Kristen Nardozzi, Sally Decker, Stephanie Lee, Suzette Seril, and Robert Chamberlin**.

Special thanks always to our fantastic officials: **Dan Nardozzi, Kevin Mooren, Joanne Gauzens, Kim Stoddard, and Angela Jones**. They run a very smooth meet and make us look really good. This might help us out with our bid for 2011 Short Course Nationals as two of the meet bid committee were

in attendance – keep your fingers crossed! **Aaron and Jessie Peter** took the lead and have compiled all of the information for our “bid packet”- a fabulous overview of our beautiful city and our pool facilities. We are thrilled with the possibility that Nationals may be in our own backyard!

Mark your calendars: SCM Bridge the Bay Meet Day 1 in Sarasota on November 16th and Day 2 at North Shore Pool on November 22nd.

In Memory John Cox 1935-2009

A longtime SPM team member, **John Cox**, passed away July 11 after battling a serious illness. Our thoughts and prayers go out to his wife Kay and his family. John was an active SPM member, and at age 74, still swimming! John was a West Point graduate, Green Beret, dedicated civil servant, world class swimmer, Ironman triathlete, loving husband, father, grandfather, and servant of God. He will be missed!



SUN MASTERS

Welcome new members of our SUN/FACT team: **Claire Clark, Geoffrey Cottrell, Cathy Cottrell, Allyson Hansen, Lee Huelle, Don Loucks, Ed Mas, Edie Noppenberger, Charlie Park, Anne Sarver, Harold Singer, Ken Sullivan and Gene Wong.**

Joannie Campbell and **Nancy Durstein** will be attending the long course USMS Nationals in Indianapolis in August. Good luck gals!

Bumpy Jones meet, June 13-14. The water was deliciously cool as always. The party in the park was fun and well attended as usual with great prizes! Now for the swim results: **Marianne Bradley** and **Florence Delaney** are once again in the same age group - 65-69-makes for great competition at practice and at meets, and we had 15 in our age group for this meet. Wow! Marianne had a first in the 200 free, followed by three 2nd places, one third place and 2 fourth places. Florence had a 2nd place in the 400 free, with two 3rd places, a 4th, 5th, 6th, & 7th. Her real accomplishment was swimming the 50 Fly for the 1st time in competition and beating Marianne, who has been swimming it for over 25 years. Another Wow! Great going Florence!! Following in Nancy's fly wake. **Joan Campbell** (75-79) had six 1st places finishes in the 50 free, 50 back, 50 and 100 breast and 200 and 400 IM. Way to go Joannie!!! **Nancy Durstein** aged up to the 80-84 age group, and had four 1st in the 100 and 200 back and 50 and 200 Fly, with 2nd place finishes in the 200 & 400 IM, 100 Fly, 100 and 200 breast and 400 Free. Keep on flying Nancy!! **Nancy Durstein, Don Pulchalski, John Marzulli** and yours truly **Pat Crow** completed the 2.4 mile Hurricane Man in May.

St. Pete Meet results: Swimming with the FACT team, **Elsbeth Smith** (55-59) took 3rd High Point award. **Bryan Kutchins** swam for the first time in a meet in many years, and placed 5th in his age group (65-69). **Marianne Bradley** placed 1st in High Point (65-69) & **Florence Delaney** placed 2nd in High Point (65-69) **Joan Campbell** placed 3rd in High Point (75-79) & **Nancy Durstein** placed 1st in High Point (80-84) We all swam in more than one relay and everyone swam in a 1st place relay for the FACT team! A great time was had by all! Good Job Sun Masters group!

This and That

Roz Randall has been busy this summer. She has placed well in the Disney 70.3 Triathlon and Madeira beach Triathlon in May, the Dunedin Triathlon in June and just this past weekend celebrated the 4th of July winning her age group at the Crystal River Triathlon. She is training for the Ironman 70.3 Championship to be held in November in Clearwater. Roz you are an inspiration. **Coach Joe** has scheduled several open water swims for those wanting to improve their open water technique. Contact Joe for more information. **SUN Masters** received a nice thank you note from Peg Cummings, City of Dunedin for our \$500.00 contribution to the Dunedin for Youth program. This helps underprivileged children attend Summer camp at Dunedin. **John Cornish** is recovering from his recent surgery on his shoulder and will be back in the pool in six weeks.

TBAY MASTERS @ Countryside

TBAY Masters @ Countryside has added a new am coach to their staff, **Kim Philpott**. Kim comes to TBAY with over fifteen years of coaching experience. Kim was the Head Coach of Saddleback Valley Aquatics, a complete aquatics program based in southern California. After successfully expanding Saddleback Valley Aquatics from just an age group swim team into a program offering three competitive age group teams, a masters team that regularly hosted three meets a year, plus age group water polo, Kim moved to Springfield, Missouri and Drury University where she assisted with the introduction of the women's swimming team. From the youngest and most novice of age groupers to the most seasoned veterans of open water swimming, triathlons, and competitive swimming she has coached it all. Her specialty and favorite though is the 5am, die hard crowd.

TAMPA BAY AQUATIC MASTERS

We would like to introduce ourselves. We are Tampa Bay Aquatic Masters (TBAM). Our team was formed by our swimmers and is run by our swimmers. With less than 6 months under our belt we are 30 swimmers strong and growing by the month.

We are a diverse group of athletes including competitive swimmers, fitness swimmers and triathletes. We have high school All Americans, a collegiate All American and a USA Triathlon All American amongst us. We are currently swimming three days a week at the newly renovated Cyrus Greene City of Tampa Recreational Complex. As our team numbers increase so will our practice times and days. Our swim facility is conveniently located near downtown Tampa which helps our commuters get a great work out while missing traffic! The complex can also be reached in a matter of minutes from North Tampa locations as well.

We have **Gary Goodner** as our coach. Gary has been coaching for over 35 years including high school, collegiate, USS and Masters level swimming. He is a former Olympian and his resume includes coaching the Puerto Rico National Champions and Florida State Champions. We are honored to have Gary with us.

Our president, **Merit Greaves**, has the distinct honor of being inducted into the inaugural USF Hall of Fame class this fall. Her USF 1984-1985 women's swim team under head coach **Bill Mann** holds the honor of winning the first ever national championship for USF. Our current masters coach, Gary Goodner, coached Merit as an age group swimmer. Congratulations Merit we are proud of you!

It is good to be part of the local USMS scene. Please look for us at upcoming swim meets, open water swims and triathlon events. Visit our web site www.tampaswim.com or stop by to visit us in our new complex



TAMPA METRO MASTERS

Website: <http://tampametromasters.org/>

With the summer season upon us, we struggle to get in our evening practices. The weather seems against us. Many times we hear thunder, but it's the lightning that will get us out of the water. Last week we heard thunder and saw the flash almost at the same time, followed very closely by the lifeguard's whistle. It all happened suddenly and several of our teammates RAN (not walked) across the water to get out of the pool. So much for practice that day!

2009 YMCA Masters National Swimming Championship - Ft. Lauderdale

Fifteen TMM swimmers participated at Y Nats in Ft. Lauderdale in April. The meet lasted four days, so there was much partying along with all the swims. Our team signed up for 90 individual swims and we

entered 15 relays! Our women's team finished 16th of 28 teams participating and our men finished 11th of 42! In combined team scores, TMM finished 13th of 25. The pool was very fast and many national records were broken. TMM had 3 swimmers take National Championships in 4 events: **Jenny Faith** (25-29) took 1st place in the 200 breaststroke. New TMM'er **Jay Smith** (35-39) took 1st in both the 50 and 100 freestyle swims. **Casey Claflin** (55-59) took home the 1st place medal in the 50 freestyle.

Every team member scored points for the team, whether individually or on relays. We did set lots of new team records. Congratulations to our YMCA National Team



Sheila Carpenter-van Dijk
at her first-ever National
Swim Meet!

Free Relay 7th **Sheila Carpenter-van Dijk** (55-59) - 200 Free 9th, 50 Back 6th, 200 Back 8th, 35+ 400 Free Relay 7th **James (Jay) Smith** (35-39) - 50 Free 1st, 100 Free 1st, 50 Back 2nd, 100 Back 2nd, 200 Back 2nd, 50 Fly 5th, 100 IM 3rd, 35+ 200 Free Relay 4th, 35+ 400 Free Relay 4th, Mixed 25+ 200 Medley Relay 7th **Mark Calvert** (45-49) - 50 Free 6th, 100 Free 7th, 200 Free 7th, 500 Free 6th, 100 Free 3rd, 50 Back 6th, 100 Back 5th, 200 Back 4th, 35+ 200 Free Relay 4th, 35+ 400 Free Relay 4th, 45+ 200 Medley Relay 4th **Bruce Young** (50-54) - 50 Breast 7th, 100 Breast 8th, 200 Breast 7th, 35+ 400 Free Relay 4th, 45+ 200 Medley Relay 4th **Tim Carroll** (55-59) - 50 Breast 8th, 200 Breast 7th, 100 Fly 6th, 200 Fly 5th, 45+ 200 Medley Relay 4th **Casey Claflin** (55-59) - 50 Free 1st, 200 Free 3rd, 50 Back 2nd, 100 Back 2nd, 200 Back 2nd, 50 Fly 5th, 100 IM 3rd, 200 IM 2nd, 35+ 200 Free Relay 4th, 35+ 400 Free Relay 4th, 45+ 200 Medley Relay 4th, Mixed 25+ 200 Medley Relay 7th **Mike Ruelf** (55-59) - 50 Free 3rd, 50 Breast 3rd, 100 Breast 3rd, 100 Fly 4th, 100 IM 4th, 35+ 200 Free Relay 4th

TMM swimmers who placed 8th or above scored points for the New Tampa YMCA are: **Jenny Faith** (25-29) - 50 Free 5th, 50 Breast 2nd, 100 Breast 3rd, 200 Breast 1st, 100 IM 7th, 200 IM 2nd, 18+ 200 Free Relay 5th, 18+ 400 Free Relay 5th, 18+ 200 Medley Relay 5th, Mixed 25+ 200 Medley Relay 7th **Luce Bassetti** (25-29) - 500 Free 8th, 100 Back 7th, 50 Breast 8th, 18+ 200 Free Relay 5th, 18+ 400 Free Relay 5th, 18+ 200 Medley Relay 5th **Tara Deering** (30-34) - 50 Free 5th, 100 Free 4th, 200 Free 2nd, 500 Free 2nd, 50 Fly 5th, 100 IM 7th, 18+ 200 Free Relay 5th, 18+ 400 Free Relay 5th, 18+ 200 Medley Relay 5th, Mixed 25+ 200 Medley Relay 7th **Brenna Sands** (35-39) - 18+ 200 Free Relay 5th, 18+ 400 Free Relay 5th, 18+ 200 Medley Relay 5th **Karen Ness** (40-44) - 35+ 400 Free Relay 7th **Kelly Spivey** (45-49) - 50 Back 5th, 100 Back 5th, 200 Back 7th, 100 Fly 7th, 400 IM 7th, 35+ 400 Free Relay 7th

Lisa Sinclair (45-49) - 35+ 400



Almost all of the Tampa Metro Masters 2009 YMCA National Swim Team. Front row (l-r) Mike Ruelf, Lisa Sinclair, Tara Deering, Kelly Spivey, Coach Beth Souers, Sheila carpenter-van Dijk. Second row, Tim Carroll. Third Row (l-r) Casey Claflin, Mark Calvert, Bruce Young, Lucy Bassetti, Karen Ness, Jenny Faith. Not Shown: James (Jay) Smith, Brenna Sands.

June Bumpy Jones Classic LCM T-shirt meet New Team Records

Karen Becker (40-44) set 9 new team records (50 free, 50 back, 100 back, 200 back, 50 breast, 50 fly, 100 fly, 200 fly and 400 IM). Karen had a super meet also setting a new 200 fly Florida LMSC record by 11.40 seconds! **Kelly Spivey** (45-49) set 6 new team records (200 free, 400 free, 50 back, 100 back, 200 back and 100 fly). One of the 'original' TBAC'ers, **Carl Hawkins** (55-59), now swimming with TMM broke the team 50 free record. **Casey Claflin** (55-59) set 7 team records (100 free, 200 free, 50 back, 100 back, 200 back, 50 fly, and 200 IM). TMM's relay team in the Mixed 400 Medley-**Casey Claflin, Carl Hawkins, Karen Becker, and Kelly Spivey**, set a new Dixie Zone record, smashing the 2008 record by almost 40 seconds. Wow, way to go Team!

USMS SCM Top Ten

Several TMM swimmers made the USMS Top Ten! Congratulations to **Karen Becker** for her 200 fly and; to **Casey Claflin** for his 50 free, 50 back, 100 back, 100 IM, 200 Meter Men's 200+ Medley Relay,

200 Meter Men's 160+ Medley Relay swims. Kudos to **Mike Ruelf** for his 100 breast, 100 IM swims and 200 Meter Men's 160+ Medley Relay and to **Tim Carroll**, for his 200 Meter Men's 200+ Medley Relay and **Matt Hart**, for his 200 Meter Men's 160+ Medley Relay. Congratulations to **Mark Calvert** for his 200 backstroke swim and 200 Meter Men's 160+ Medley Relay!

TMM Swimmers in Triathlons

The TMM team includes several triathletes who swim regularly with the team. Also, several TMM swimmers are cross-training and have participated in triathlons... About the **Escape from Ft. Desoto Triathlon on April 11**, **Mark Calvert** told me: "It was my first triathlon ...well, I swam a relay leg. **Mike Ruelf** biked, and my wife **Sharon** ran. We had a fun time. We were in the first wave, which started the swim with the kids, but I showed them us old guys still got it! I knocked around a few 12 year olds on the start (just kidding)." "In the Team Psych 2 relay - Mark swim, Mike bike, Sharon run... we were 1st in the relays after the swim!... That's all that matters! We ended up 5th in the Mixed relays." Here are some results from our triathlete-swimmers:

Andres Munera - 55:40 - 1st Overall (!) Way to go Andres. Andres has been regularly showing up at TMM practices several days a week. Think what he would do if he knocked a couple of more minutes of his swim time... say ... what if he swam like Ethan... **Ethan Copping** - 57:05 - 1st 30 - 34 Age Group... 3rd Overall (!). Ethan's swim leg was 7:45!... 2nd in his age group! Congrats, Ethan. **Tara Deering** - Placed 2nd in the swim in her age group 28th in the 30 -34 overall! Tara's Mom, **Ros**, placed 5th in her 60 - 64 age group... Way to go Ros!... you beat Tara on the run! Now there is a competitive family!

May Publix Family Fitness Weekend Triathlon in Ruskin

Lisa Sinclair signed up to swim in a relay. She met her coed teammates on race day as part of Team Psych and they finished FIRST! **Mark Calvert** and **Mike Ruelf** did all three legs of this triathlon themselves and just a month after doing their first triathlon relay. Mark finished 6th in his 50-54 age group and Mike finished 7th in the 55-59 age group, but they blew their swim competitors out of the water, both finishing first in the swim leg in their respective groups by at least a minute!

May Hurricane Man/Pass-a-Grille Open Water Swims

Jenny Faith, and **Tom Peterson**, both first timers for open water swims completed the Pass-a-Grille Challenge at 1,000 meters. **Tara Deering** and **Karen Becker** swam the 1K also and finished first in their respective age groups. **Sheila Carpenter-van Dijk** swam the 1K Challenge for the eighth consecutive year. Sheila did not finish first this year...she says "it's hard being at the top of your age group, swimming against those younger women!" She still holds the record for the 55-59 1K. **Tim Carroll** swam the 1K, **Jeff Feldman**, and **Janice McIntyre** both swam the 2.4 mile Hurricane Man and all partied with the team afterward at the Hurricane Restaurant for breakfast.

More TMM Activities

Karen Ness and **Sheila Carpenter-van Dijk**, TMM swimmers and swim instructors at the New Tampa Y, volunteered to assist three-time Olympic gold medal swimmer Rowdy Gaines with a **Rowdy's Kidz Swim Clinic** held at the Y in April.



Rowdy's Kidz is a wellness initiative focused on helping America's youth create healthier lifestyles and more confident futures. Rowdy was in the water with the young swimmers after a short presentation. After the swim, he was available for individual photos. He also brought along one of his Olympic gold medals for everyone to hold for a while. (btw, it's amazing to just hold this medal; the Olympic spirit is alive and well in Tampa!)

(<http://thelimucompany.com/RowdysKidz/tabid/570/Default.aspx>)

TMM Masters took part in a Green/Black Intrasquad meet with USA Team New Tampa swimmers at our YMCA. The teams were so evenly matched that the meet was a tie! Thanks to TMM swimmers who participated: **Karen Becker**, **Sheila Carpenter-van Dijk**, **Tim Carroll**, **Tara Deering**, **Matt Hart** and **Brenna Sands**. TMM Coach **Beth Souers** was on deck to keep us all in line, get us organized, and be sure we were behind the blocks when we were supposed to swim. Thanks, Coach!

Central Florida Marlins Masters “Fall” Splash
September 26, 2009

Sponsored by: Central Florida Marlins Masters Swim Team

Sanctioned by: Florida LMSC for USMC Inc. – Sanction # 149-017

Meet Director: Bill Vargo

Meet Referee:

Date & Time: Saturday, September 26, 2009

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

2 Hand held watches for all events

Warmup: 10:00am **Start:** 11:00am

Eligibility & Rules: Open to all Masters, ages 18 and older. A copy of your 2009 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 19, 2009. Late entries received by mail (postmarked after September 19) , phone or e-mail after September 21 will be accepted with an additional \$ 10.00 fee until Wednesday, September 23, 2009.

Information: Bill Vargo 352-873-5811 or OcalaMarlins@aol.com

1st Annual Rowdy Gaines Masters Classic
Featuring Olympic Gold Medalist Rowdy Gaines
October 17-18, 2009

Sanctioned by Florida LMSC, Inc. Sanction Number: 149-020

Location: YMCA Aquatic Center, 8422 International Drive, Orlando FL 32819

Facility: Competition will be held in an 8-lane, 25 meter pool. Warm down space is available in adjacent second 50 meter pool. Colorado 6 timing system will be used with an 8-lane scoreboard to display results. Hy-tek Meet Manager Software will be used for the meet.

Meet Conduct: Current USMS rules will govern the conduct of the meet.

Eligibility: All competitors must hold current USMS registrations or valid travel permits or equivalents; or have other acceptable proof of current Masters swimming registration, and must be 18 years of age or over.

Age Groups: Individual Events: 18-24, 25-29, 30-34, 35-39, etc. in 5-year increments.

Relay Events: 72-99, 100-119, 120-159, 160-199, etc. in 40-year increments.

Entry Fees: A \$30 registration fee and \$2.50 per event entered. Cost per relay is \$5. **Make checks payable to YMCA Aquatic Center.** Deadline for entries is noon on Monday October 12th.

Entry Limit: A maximum of 5 individual events may be swum each day.

Seeding: Swimmers will be seeded on the basis of submitted times regardless of age. Men and Women may be seeded together. Entrants submitting “no time” may be placed in the slowest heat for that event. Heats will be swum from slow to fast **except for the 400 Free & 400 IM which will be swum fast to slow.**

Awards: Individual and relay awards will be given for first through third place by gender and age group.

Deck Entries: There will be no deck entries for this meet.

Meet Directors: Scott Weiss & Steve Corrie. 407-363-1911

Meet Social Event: All meet participants are eligible for discounted tickets to the YMCA AquaBall event at SeaWorld on the evening of Saturday 17th. Master of ceremonies for this year’s AquaBall is none other than 3 time Olympic Gold Medalist Rowdy Gaines. Come and enjoy an evening of incredible entertainment and fun. Your AquaBall ticket includes free parking, gourmet dinner and dessert, open bar beer and wine, access to SeaWorld 2 hours prior to event, silent and live auctions, and a great band. Special ticket price for meet participants is \$40. Tickets for the public and at the door are \$75.

Post Meet Clinic: All meet participants are invited to a stroke clinic with 3 time Olympic Gold Medalist and current masters world record holder ROWDY GAINES directly after the end of the meet on Sunday. Cost of the clinic is included in your meet registration.

Central Florida Marlins Masters “Fall” Splash ENTRY FORM

Name: _____ Address: _____

City/State: _____ Zip: _____ Phone: (____) _____

E-mail Address: _____

Age as of September 26, 2009: _____ Date of Birth: _____ Sex: _____

USMS Registration #: _____ Team Initials: _____

Please circle event numbers and enter a time

<u>Women's Events</u>	<u>Entry Time</u>	<u>Event in Yards</u>	<u>Men's Events</u>	<u>Entry Time</u>
1	_____	200 Y Free	2	_____
3	_____	200 Y I.M.	4	_____
5	_____	50 Y Fly	6	_____
7	_____	200 Y Breast	8	_____
		15 minute break		
9	_____	100 Y Breast	10	_____
11	_____	50 Y Back	12	_____
13	_____	100 Y Free	14	_____
		15 minute break		
15	_____	100 Y Fly	16	_____
17	_____	50 Y Breast	18	_____
19	_____	100 Y I.M.	20	_____
21	_____	200 Y Back	22	_____
		15 minute break		
23	_____	100 Y Back	24	_____
25	_____	50 Y Free	26	_____
27	_____	200 Y Fly	28	_____
		15 minute break		
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 43rd Pl. - Ocala, Fl. 34474

1st Annual Rowdy Gaines Masters Classic
Featuring Olympic Gold Medalist Rowdy Gaines
October 17-18, 2009

Last Name (as on 2009 USMS card): _____ **First** _____ **MI** _____

2009 USMS number _____ - _____ **Gender** (circle): Male Female

Date of Birth (mm/dd/yy): _____ **Age** (as of 12/31/09): _____

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, 10 events maximum)

Warm-ups both days 8:00am. Meet starts at 9:00am.

Saturday, October 17

Sunday, October 18

Event #	Event	Entry time	Event #	Event	Entry Time
1/2	200m Back	_____	19/20	400m Free**	_____
3/4	200m Free	_____	21/22	200m IM	_____
5/6	50m Fly	_____	23/24	50m Free	_____
7/8	200m Mixed Free Relay	_____	25/26	200m Mixed Medley Relay	_____
9/10	100m Breast	_____	27/28	50m Back	_____
11/12	200m Fly	_____	29/30	100m Fly	_____
13/14	100m Free	_____	31/32	200m Breast	_____
15/16	200m Free Relay	_____	33/34	100m Back	_____
17/18	400m IM**	_____	35/36	50m Breast	_____
			37/38	200m Medley Relay	_____

** Event seeded FASTEST to SLOWEST, 400 Free & 400 IM will combine Women and Men by time

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Fees: Meet Surcharge = \$30.00

# of Events \_\_\_\_ @ \$2.50 = \_\_\_\_

Late Fee \$10.00 (after 10/1/09) = \_\_\_\_\_ ATTACH A COPY OF YOUR CURRENT USMS CARD HERE

AquaBall Tickets \$40.00 X          =         

TOTAL ENCLOSED = \_\_\_\_\_

**MAKE CHECK PAYABLE TO: YMCA Aquatic Center**

**Mail entry to: Rowdy Gaines Classic, 8422 International Drive, Orlando FL 32819**

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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: _____