

Florida LMSC Newsletter

Volume 26, Number 4

November 2009

SPACE COAST MASTERS

REMEMBERING LESTER O. BELL



L-R Lester Bell, Phil Lindsley, Dick Robecki, & John Sinacore

On September 6, 2009, the Space Coast Masters Swim Team in Indian Harbour Beach, Florida lost a teammate and a friend. **Lester O. Bell**, 87, passed away at Holmes Regional Hospital in Melbourne after a brief illness. He was buried with military honors next to his loving wife at Arlington cemetery on September 22, 2009

His friend and former teammate, **Phil Lindsley**, remembered when Lester joined the team in January 1996.

"Lester retired to Melbourne Beach in 1990 after a 40 year career with the Toledo Edison Utilities Company as a Materials Manager. He was active in at least five veteran's organizations, including the Military Order of the Purple Heart. When he joined our swim team, he had no experience in competitive swimming. However, he was no stranger to the water: in 1944, during his pre-war training days in Seattle, he saved his commanding officer and another soldier from drowning. For this, he was awarded the highest peace time award, the SOLDIER'S MEDAL."

His military service in World War II was an even more remarkable story. In January 1945, during the Battle of the Bulge at Bastogne, Lester, with the elite U.S. 82nd Airborne infantrymen, was seriously wounded and spent over a year in military and civilian hospitals. He received a Purple Heart for his bravery.

Angie Sinacore remembers when Lester joined the team too. "Lester appeared at the Gleason Park pool in Indian Harbour Beach to check out Space Coast Masters Swim Team. At that time, he could not easily swim one length of the pool. Nevertheless, he joined the team and many of us did not expect him to return. Lester DID return! He persevered and soon we noticed that he made a remarkable improvement. With encouragement from the "regulars" on the team Lester began competing. Then Lester started winning some ribbons, then medals, and finally some "firsts." He showed great determination."

In December 1997 he was awarded the first SPCO team MOST IMPROVED SWIMMER AWARD. He has placed 14 times in the USMS Top Ten since 1998.

Angie said, "Lester will be remembered as a fun loving guy with a constant smile on his face. He could take jokes and also dish them out. I checked my old Space Coast newsletters and found Lester's name in four of them: We will miss him."



Letter From the Chairman

Dear Florida LMSC Members,

Registration for 2010 starts November 1st. Please register early so that you do not miss receiving the USMS Swimmer magazine or your Florida LMSC newsletter.

At our Annual meeting in October at the 1st Annual Rowdy Gaines SCM championship we made some important policy changes. **Attention Meet Directors:** 1. you must submit all required documentation (including entry form) to the Sanction's Chair before a sanction will be issued. 2. You may place your meet on the Dixie Zone meet calendar, sanction pending, however, you must send the complete sanction application to the Sanction's Chair 45 days prior to the meet date or your meet notification will be removed. This will give enough time for another meet director to apply for that date. 3. It is strongly recommended that meet directors submit the name of the head referee, 30 days prior to the meet to our Sanction's Chair, Official's Chair and Records Chair.

The Florida LMSC will be purchasing a laser measuring device for meet directors to use. Transportation of the device must be requested.

Your Board of Directors is working on a policy manual. LMSC "Policy History" taken from meeting minutes are posted on the FloridaLMSC.org website. As soon as the policy manual is approved it will be posted.

We had 8 members of our LMSC attend the USMS convention in Chicago in September. These were: Marianne Bradley, Joannie Campbell, Patty Nardozi, Margie Hutinger, Bill Brenner, Rick Walker, Victor Buehler and Meegan Wilson. Their delegate reports are posted on our website. Convention highlights are listed below. Thanks to all of our volunteers who make the Florida LMSC a very active organization.

Don't forget to attend the 9th Annual Florida LMSC Social and Awards Banquet on February 13, 2010 in Clearwater following the first days events of the Valentine meet. More information can be found in the newsletter.

Sincerely,

Meegan Wilson
Florida LMSC Chair



**U.S. MASTERS
SWIMMING**
swimming for life! www.usms.org

Dear Florida LMSC Members,

The following Florida LMSC Members have donated to the USMS Foundation and/or the International Swimming Hall of Fame Foundation (ISHOF) from July through October 2009:

Alexis Biondi, Nancy Campbell, Sabrina Campbell, Camille Colon, Fran Fidler, Selina Herdman, Lee Huelle, Lindy Jeffcoat, Susan Kaineg, David Marshall, Miguel Negron-Matta, Isamu Nitta, Cathy Rohm, Kenneth Sullivan, Allison Tolpa, Michel Van Thielen, Steven Whitney, and Laura Williams.

A special thank you to Florida LMSC member Bruce Meintjies for his generous contribution to the Florida LMSC.

Thank you all! Your support of U.S. Masters Swimming and the Florida LMSC is greatly appreciated.

Sincerely,
Florida LMSC Board of Directors

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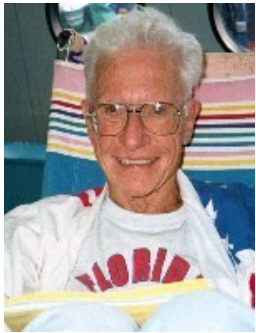
2009 Convention Highlights - Chicago



L-R Kohnken, Bradley, Hutinger, Campbell, Nardozzi, Wilson, Butcher, Brenner, Buehler, unknown, Hamel, Walker

1. Your registration fees are increasing by \$2 over last year in both individual and one-event registrations.
2. Masters can continue to use the new hi-tech suit for SCY competitions until FINA adopts the rule that eliminates their use in competition. One controversial aspect of this is that the SCY season for 2010 has already started, so some will be able to swim and set records with the suits, while others will not.
3. USMS is interested in chapters or workout groups of larger teams and wants to establish a yearly fee similar to Club registration. Their prime concern was being able to contact and service their members, but it would generate income for USMS. This legislation failed in the HOD, but it is sure to return in 2010.
4. Dixie Zone Championships for 2010 are: Orlando will host the SCY, March 26-28. Sarasota will host the LCM, June 12-13 and New Orleans will host the SCM in December. Sarasota will also host the Dixie Zone Open water Championship on October 2, 2010.
5. A new Dixie Zone policy was approved which prohibits meet hosts from hosting meets on the same weekend as a Dixie Zone Championship. For extenuating circumstances, the meet host must appeal to the Dixie Zone Executive Committee for permission to host the meet on those dates. The Dixie Zone Executive Committee shall be comprised of the LMSC Chairs and the Dixie Zone Representative.
6. Joannie Campbell and Patty Nardozzi are on a subcommittee to establish guidelines for Dixie Zone Championship events in an effort to make them as uniform as possible.
7. The Go-The-Distance fitness: This is another challenge. On a FLOG you can keep your daily fitness schedule online, yards swum, miles ran, and other exercise forms. It is easy for everyone on the team. You may find all of the information on: <http://www.usms.org/fitness/content/gothedistance>

Ask The Swim Doctor:



Question: Are there benefits from swim training that would improve my grumpy mood or signs of depression?

Answer: Yes, is the direct answer. Just last week when I was at the pool for a training session, I talked to a woman in the next lane. She was complaining about feeling so

bad lately, that she wasn't training any more. Her problem seemed to stem from the blues from menopause.

Research shows the best way to combat these blues, or signs of depression from work, family situations or other stresses, is to boost your endorphin levels. The proverbial "runners' high" can also be found in the swimming pool. The first step in stress management is to get involved in an exercise program. And how fortunate we are to have just the right program for you.....Masters swimming.

Recently, runners were measured with brain analysis in a research study in Germany. They

exhibited an opium effect from natural beta endorphins released by the pituitary gland. Another study found that testosterone raises mood-elevating endorphin levels. (In my March "Swim Doc" column, I gave information how my testosterone levels were above norms from exercise at "peak effort" types of repeats in my training."

How long and how hard do you need to train to get this endorphin high? One study used participants who worked for 8 minutes at 25, 50 and 75 percent effort. The level of endorphins did not rise until the participant reached a 75% effort.

What about the swimmer in the next lane? She said she felt much better after her 30 minute swim. She felt that she needed to take more regular workouts at the pool, especially on days she feels bad. I have experienced similar results. After 45 minutes of repeat swims and kicking, my endorphins have kicked in by the time I take my shower. In my opinion, swimming is a much better way to avoid adverse side effects from addictive pain medications.

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

Nominations Needed for Florida LMSC Awards

To be presented during the Florida LMSC Social on Saturday, February 13 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. **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. Send nominations 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. **Send nominations** to Meegan Wilson, Florida LMSC Chairman meeganwilson@bellsouth.net.

4. Florida LMSC Coaches Award - For Devotion to Florida LMSC Masters Coaching. **Send nominations** to Meegan Wilson, Florida LMSC Chairman meeganwilson@bellsouth.net.

Deadline: Nominations must be received by December 31.

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

From the Official's Chair: Charlie Kohnken

Officials try to run a smooth meet. Many times we have to ask the swimmers to do something. The swimmers quiet often get upset. Most of the requests have a reason and most are centered around the starting end.

We ask the timers to be seated for the start. The timers start their watches on the strobe light, not the sound. They have to see the strobe. Only the swimmer in the current heat should be in front of the timer. Only the lead swimmer in a relay should be in front of the timer. The rest of the relay team should be behind the timers. On a side note to relays, there are many people on the deck behind the timers and it gets very noisy. When the whistle blows please be quiet for the start. Swimmers must be able to hear the start commands.

After the start some swimmers in the next heat want to go to the block and stretch. Let the Officials get in place before you go to the block. After you stretch step back far enough so that the timers can get to the edge of the pool.

At the finish, some swimmers can climb out easily while others have to duck under the lane lines and use the ladder. Check with the Official before you duck under, because if you interfere with another swimmer who has not finished his race, you can be disqualified. Swimmers, when you finish, get out of the pool and go behind the timers, then exit left or right. Don't walk out slowly to see the scoreboard. You can get your time from the timer or your buddy can get it for you. After you get out, if you want your time, wait behind the timers until they have finished recording the time and if the whistle blows, wait until the next heat has started before requesting the time.

On 50's in a long course pool get out immediately. The start team is at the other end. They have to know that everyone is out before starting the next heat.

Sometimes you want to cheer or encourage your buddies. Don't come to the edge of the pool. On the start end stay behind the timer's chairs. On the turn end stay about four feet back so that officials can see the swimmers' turns.

Don't think I'm picking on anyone. We like these things to happen so that we run a smooth and fair meet.

DEADLINE FOR SUBMISSION to FEBRUARY NEWSLETTER is January 8, 2010

2010 Registration Information

United States Masters Swimming in the FL LMSC is alive and well and 2009 is proving to be another banner year! In 2008, we had 1688 members and as of October 14th, we have 1744 members registered for 2009!!! In 2008, we had 39 registered Clubs and 17 Workout Groups of FACT in the FL LMSC. For 2009, we have 50 registered Clubs and 19 Workout Groups of FACT! Breakdown between male and female 51%M and 49%F. Ages range between our youngest 18 yr old Lindsey Powers up to our oldest and wisest 92 yr olds: Kay Schimpf, Gertrud Zint, Brud Cleaveland, and Frances Cichanski!!! In 2008, 19% of registrations were done online. In 2009, 60% of registrations were done online.

On November 1, 2009, online and paper registration (**special thanks to Dick Brewer**) will be available for all new and current USMS members to register for 2010. Current members are covered under their 2009 memberships until 12/31/09. However, new members can start registering for 2010 on November 1st and that will carry them through December 31, 2010. Current members can also register on November 1st. The 2010 USMS/LMSC fee will be \$35 (\$27 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 event and supervised workouts. The USMS.org site has more opportunities included in your membership. Just to name a few:

- Subscription to the bi-monthly member publication SWIMMER magazine
- Subscription to the monthly member e-newsletter
- Opportunity to receive the monthly coaches e-newsletter
- Opportunity to create your own blog on the usms.org website
- Opportunity to share your photo album with the swimming community on the usms.org website
- Opportunity to create a personal usms.org email forwarding address to identify yourself as a member of our aquatic community and protect your own personal email address from spam
- Opportunity to track your fitness activities via our personal online fitness logs
- Opportunity to rent instructional videos from the U.S. Masters Swimming video library

U.S. Masters Swimming has 52 Local Masters Swim Committees (LMSCs). LMSCs are U.S. Masters Swimming local partners. LMSCs deliver benefits such as ensuring your membership is accurate, they sanction events, they post events on the USMS.org calendar, they track regional results, they provide service and direction to clubs in their footprint, and they distribute valuable information through their newsletters and websites. A portion of our membership dues goes to LMSCs.

U.S. Masters Swimming membership is annual. You may sign up as early as November 1 and your membership is good through the following December 31, which is a full 14 months.

Watch your emails for the links to 2010 Registration! I will be posting both ONLINE and PAPER Registration Links. If you are a member of a Club that charges a Club fee (300, AQNT, BOLM, BMSC, DYSM, GSC, FMM, HLJ, MOO, ORLM, SPCO, SPM, SCCS, SUN, SCSF, FACT, (and any workout groups of FACT), please process your registration via a paper registration. If you choose to register online, please know that you are required to pay the Club fee at that facility. We cannot collect Club fees online!

For the Sanity of your Registrar: please fill out paper forms CLEARLY! No abbreviations for towns, include zip and area codes and write LEGIBLY!!! Especially EMAIL addresses!!!

ANY EMAIL ADDRESSES @ EARTHLINK or MINDSPRING, please allow my email address through your SPAM FILTER! (mamoo49@aol.com)

Lost your USMS card? No problem!!! To retrieve your USMS card, you can access this link on our website:https://www.clubassistant.com/club/usms_member_card_request.cfm (You can find it under www.floridalmcsc.org, click on registration and forms and scroll down the left side)

If you have access to a computer and currently receive your Newsletter via snail mail US Postal Service, please help the Florida LMSC save money on postage by receiving your Newsletter online. Please notify Meredith to stop the paper newsletters.

As we move into 2010, I wish to thank everyone for your continued support! We have so many exciting meets and events already scheduled for 2010. Be sure to keep updated on events and activities by logging on to our website: www.floridalmcsc.org

Many Happy Laps, Meredith Moore, Florida LMSC Registrar



Florida Mavericks:

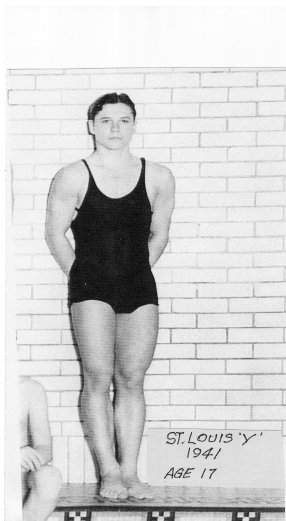
At the recent Masters convention, in Chicago, there was much discussion on what was to become the new standard in swim suits. The following article was written by Kerry O'Brien, and reprinted, with the author's permission, from their club Newsletter, SPLASH. O'Brien is an ASCA Certified Level 5 Masters Coach, has been the head coach of Walnut Creek Masters (CA) since 1980. In 1987 he was named USMS Coach of the Year.



Swim Suit Wars: In the Midst of Battle

At the time of this writing (July 28, 2009), swim generals continue to wage more battles in the "Technical Suit" wars, with the potential to leave an enormous number of adult human casualties, beached on pool decks everywhere like giant harbor seals and walruses. Those in high places will hand down their decisions like nuclear bombs, suit companies will volley back with law tactics and rhetoric shots of their own, and the foot soldiers that make up all our swim teams will be left scrambling to cover themselves in whatever has been deemed acceptable and fair, and in the aftermath wondering what becomes of their investment to fulfill that "need for speed." There will be some sort of truce until 2010, a cease fire if you will, but the foot soldiers will continue to launch themselves in their body-shaping resistant-cutting missile suits as often as they can leading up to "D-Day" (deadline day), doing as much damage to the record books, qualifying standards, and personal bests as possible, so while at future gatherings as people talk in terms of "remember when", they too will have their story to tell.

And I will be one of them. I love my Blue Seventy missile suit. In just the ten minutes it took to first put it on I was able to embrace change and feel a part of the sport's progressive movement. And I can imagine a lot of swimmers who are match-making on e-Harmony have their bio-pics taken in their tech suit, simply because it is the best they have looked in a long time. But if the "war for progress" is lost, and the competitive swim suit takes giant leaps backwards, I will also have to swallow the disappoint pill if I don't swim as fast as I did recently. Swim soldiers will again have to dig deeper within themselves instead of their wallets to find improvement. Ultimately, passion, desire, and dedication still must come from within, and cannot be bought off of a hanger in a swim shop. If you are part of the mass majority that derives portions of your sanity and selfworth from the rigors and physicality of a daily workout and it's positive effects on many aspects of your life, then what does it really matter where the hem of a suit stops when I climb up on the blocks to compete? We shall see.



SIDEBAR: One of the upcoming possibilities in the "Technical Suit Wars," is for men to wear suits that do not extend above the waist. This picture is of a young Paul Huting, in 1941, at age 17. He was **REQUIRED** to wear this style suit, which covered his chest, in AAU competitions.



FACT: The Long Course season and National Senior Games saw a number of star performances by members of our FACT team.

National Senior Games held in Stanford, CA was scheduled just before the Long Course Nationals and after going over the results to try to spot members of our USMS team, I found **Nathan Leech** from the Villages with 6 National Championship performances in the 60-64 age group. Great job, Nate!! Also found **Cynthia Lasher** with 2 3rds, **Martha Henderson** 3rd in the 100 butterfly and Rae Suttie 3rd in the 50 free. Hope I found everyone in the top three at least. Good swimming!

On to the USMS Long Course Nationals in Indianapolis!! We had 10 swimmers competing and had a blast!! Our 526 points earned placed us 8th in the Regional Teams ahead of some “barn burners” and giving our Florida LMSC combined group a positive showing nationally. Competing chapters were Holmes Lumber Jax, SUN Masters, 300 Club, and unattached members. The HLJF group consisted of **Rogers (Tiger) Holmes (88)**, **William Adams (83)**, **John Corse (85)** and **Edwin Graves (86)** swept their 320 relays and performed in other relays and individually with great swims. Ed gave us a scare by injuring his elbow big time on Friday on the lane lines – with his usual “team” attitude he bravely gave his all on the relays on Saturday and went on to compete the rest of the meet. **Betty Lorenzi**, SUN chapter, did a fantastic job of setting two World Records in the 100 and 200 backstroke and an integral part of our winning relays. We were able to field 9 relays and everyone on the team became a contributing member at least three times – three National champs, two seconds, one third and one fourth. National champions also included Tom Bliss and **Nancy Durstein**. All results are available by team and individual on the USMS website results of National competition. Everyone on the team finished in the top 5!!! We all gathered in our hospitality suite on Friday evening and enjoyed the camaraderie with competitors and their wives and good food and drink. We’re looking forward to a similar group with larger participation in May of next year in Atlanta, which will geographically be a positive for our Florida group.



The recent Central Florida Marlins meet in Ocala included many swimmers from that area in the first SCY meet of the 2009-2010. FACT was a big “Factor” – capturing high point in both the men and the women with some great early season times.

Hope to see some of you at the SCM Rowdy Gaines meet – nice to have an Orlando meet in October again and let’s try to support this meet also.

Be sure to register as FACT to join us in Atlanta for SCY Nationals in May!! We need a large contingent of Florida swimmers to place. 10 of us placed 8th in Indianapolis, ahead of all other Florida LMSC teams by LOTS. Just think what we can do as a Regional Team in Atlanta. Might even be able to match our 3rd place finish in 2003 in Savannah!

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The Original Sarasota Masters (A Chapter of FACT)

As November first rolls around, we are looking forward to increasing membership in the Original Sarasota Masters Chapter of FACT with more swimmers in 2010. We will welcome new, existing and potential team members at our Fall Fling fun relays and picnic at the Arlington Aquatic Complex on Nov. 7. Our very able Coach Peter Hegwein has increased his coaching hours which allow swimmers to choose between early morning, noon time and early evening workouts during the week. **All workouts include something for fitness, competitive and triathlete swimmers.**

All workouts include something for fitness, competitive and triathlete swimmers.

Helen Vetter is “Going the Distance”- Helen has 290.56 miles racked up so far this year. Her goal is 400 miles, but she will have to take a break right now because she is undergoing her 4th hip surgery. Two of them were revisions of previous surgeries she had when she worked in Germany before her retirement. Most of us only have two hips...Helen has four? I think that is why Helen is such a good flyer... all of that “hip” action!! Seriously now...we all will be thinking about her and wishing her a quick recovery! Helen was recently featured in a photo & write-up while at an Arlington practice and appeared in the Longboat Observer Newspaper!

Ocala Meet - Edna Gordon and Deb Walker attended the fun first short course meet of the season in Ocala. **The 80 swimmers who attended received Ocala Masters swim caps.** They have a big referee with a big heart and a big voice. Edna & Deb were very happy with their times. It was Edna’s first meet since she dislocated her shoulder in April. She hadn’t swum the 100 free and 100 back in competition in ten years but took all first places, as did Deb. They traveled towards home on beautiful Rt. 441 and found a wonderful veggie stand, gas for \$2.33 and a great BBQ place. Who can ask for more?

Hour Swim - Our swimmers are setting their goals and starting to train for the January Hour Swim. **We plan to encourage those who have swum it to repeat the swim, and those who have never attempted it to “get their feet wet” in this postal swim.**

USMS HQ Cleanup Day We are planning on showing up at the new HQ with shovels, rakes, clippers, etc., on Saturday , Oct 24, to trim and cleanup the outside landscape areas around the USMS Pagoda Building. The property borders the Sarasota Women's Garden Club so we want to be good neighbors!



Sarasota Sharks:

The Sharks Masters held our annual team banquet and celebration on September 12. All of our Top Ten swimmers, both individual and relay, were recognized along with our All-Americans. The two highlights of the evening were our video presentation produced by **Laura Hamel**, and the awarding of the Sharks All-Stars for 2009. Sharks All-Stars are those who contribute both in and out of the pool or those who inspire their teammates. Named this year were: **Claire deBoer, Stacey Howle, Tamara Ley, Fernette Ramnath, Mary Tucker, Charlie Randall, Deanna Doyle, Tommy Schwartz, Kevin McCormack and Mark Drennen.**

SYSM co-hosted the 7th annual Daiquiri Deck Tropical Splash along with the South County Y on October 3. This Open Water event includes races of 1K, 3K and 5K distances. Weather and conditions were optimal and 170 swimmers competed, the largest race ever. This year was the first year we had a dual sanction and allowed the USA Swimming age groupers to participate along with the Masters. This made for additional excitement and some very fast swims.

Please plan on attending both days of the Bridge the Bay SCM meet, November 15th in Sarasota and November 22 in St. Pete. SYSM is also hosting our first SCY meet in Sarasota on January 23-24. On line entry will be available. Also see paper entry in this newsletter.

The Florida Open Water Championship Series is a postal event for Masters swimmers who have participated in any three USMS sanctioned or recognized open water events in the state of Florida (Florida LMSC, Florida Gold Coast LMSC, Southeastern LMSC) during a calendar year. Swimmers must have swum one event that was greater than 1000 yards but less than 3K, one event that was 3K or longer, and a third event of any distance over 1000 yards. Results must be posted online. Points are awarded for age group finish, overall finish, and time. For more detailed information, links to posted results, and an entry form, please visit www.floridaopenwater.org.

2009 QUALIFYING EVENTS -

Open water Championship Series

Apr. 18 -- Tampa Bay Marathon Swim (Tampa)
Apr. 25 -- Nike Swim Miami (Miami)
May 9 -- Hurricane Man & Pass-a-Grille (St. Pete)
May 12 -- Open Water Festival 5K (Ft. Myers Beach)
May 14 -- Open Water Festival Mile (Ft. Myers

Beach)

June 13 -- Swim Around Key West (Key West)

July 18 -- Ed Gaw Amelia Island Open Water Challenge (Fernandia Beach)

Oct. 3 -- Daiquiri Deck Tropical Splash (Sarasota)

Oct. 4 -- Boca Open Ocean (Boca Raton)

Oct. 11 -- Aaron Peirsol Race for the Oceans (Ft. Myers Beach)



SUN MASTERS:

St. Pete Masters Meet July 11-12, 2009

In the 65-69 year age division **Florence Delaney** had 2 first place finishes, 2 second place, one third and a fourth. Her teammate **Marianne Bradley** did well in the same age division placing 1st in 7 events and second in one event. In the 75-79 age division **Joan Campbell** had 1st place finishes and placed 2nd in one event. In the 80-84 age division **Nancy Durstein** had five 1st place finishes. She placed 2nd in 6 events..

USMS Nationals in Indianapolis in August.

Joannie Campbell placed in several events in the 75-79 age division. **Nancy Durstein** who recently aged up into the 80-84 age division was 1st in 4 events and second in 1 event earning her a National Championship. **Betty Lorenzi**, SUN chapter, did a fantastic job of *setting two World Records in the 100 and 200 backstroke*. Betty, Joannie Campbell and Nancy Durstein combined forces in several of the winning relays.

Senior Games October 2009

SUN Masters who participated in Tampa Bay Senior Games this October are all now qualified for the State Senior Games in Ft. Myers in December. **Marianne Bradley** (65-69) took five golds in the 50's: Back, Breast, Fly and Free and the 100 IM. **Paul Polgar** (60-64) took 4 Golds in the 50 Fly, Back and Free and 100 IM. **Frank Brandt** (65-69) took a Gold in the 100 IM and 2nd places in 50 breast and 50 free. **Florence Delaney** (65-69) took 5 - 2nd places in the 50's: Back, Breast, Fly and Free and 100 IM. Good going group!!! We had a fun time too!

Triathlon/Running

Roz Randall continues her winning ways...placing well in her age division whether it be a swimming, running or triathlon event. Most recently she competed in the Race for the Cure where she placed 3rd in the Grand Masters Survivor Division. Roz you are an inspiration. I am fortunate to have Roz to swim with at the Palm Harbor YMCA and after being a slacker for several years I am actually improving!

We were saddened by the recent death of Bob Lavanture...

Bob was a fantastic salesman and was greatly responsible for the Clearwater Aquatic Team Master's success back in the 90's. He single-handedly obtained sponsor's for the Valentine Meet to cover expenses, cheered us all on at the meets, designed t-shirts and was a gift to all of us as a team member.

After his wife of over 60 years died he became terribly depressed and lost a great deal of interest in swimming. He went to playing pool in the Senior Games and was quite a champion. He was active as a youth teacher in that sport in his community and had a big, big heart for all the youngsters - swimmers and otherwise. He had a distinguished military career and wrote his own biography in the early nineties.



Tampa Bay Aquatic Masters (TBAM)

continues to grow. Welcome new swimmers: **Kim Corbin, Jenna Diaz, Melissa Keilen, Ethel Ledesma, Joe Noel, Kathleen Quisenberry, Valerie Mussler, Lindsay Macinnes and Jackelyn Speer. Welcome back Debbie Debaun and Mike Flick.**

With just 8 months under our belt our team development continues. Our web site is developed and state of the art. Please visit www.tampaswim.com for more information.



Thank you to swimmer **Mike Smith** for all his work for the web site development. Team officers are in place and our team has been approved to register under our own name in November of this year. We enjoy swimming in the Cyrus Green recreation complex near downtown Tampa on Monday and Wednesday evenings from 6:30 to 8:00 p.m. and our Saturday practice is now 8:00 a.m. to 9:30 a.m. The early Saturday practice has been well received and allows swimmers to start their weekend with an invigorating workout. Saturday only practices are available, so if you are looking for an earlier Saturday swim workout please join us.



Congratulations Merit! **Merit Greaves** was named to the 2008 USMS Top Ten in the 200 meter short course breaststroke. In September her 1984-1985 USF women's national championship swim team was inducted into the inaugural USF Hall of Fame class. Many USF coaches and dignitaries were present at this induction along with the marching Bulls Band. It was a fabulous event and heart warming to see the inaugural class inducted. Our triathletes continue to compete and represent our team well. **Dennis Feldman, Wit Ostrenko, Norma Deguenther, Marie Odom, and Merit Greaves** participated in the Top Gun Triathlon at Ft. Desoto on August 1. **Joe**

Docobo and Dennis Feldman recently competed in the Publix Family Fitness Weekend Triathlon at Ft.

Desoto on August 22, 2009. Joe finished second in his Clydesdale age group and Dennis crossed the finish line to rank 11 in his age group. Both had stellar swims.

On July 12, 2009, **Marie Odom** participated in the Heartland Triathlon in Sebring, Florida and finished first out of the water in her age group and overall seventh in the women's 45-49 age group. Marie along with **Ann von Spiegelfeld** also swam the 5K course at the Dairquiri Splash in Siesta Key on October 3. Despite being off course Ann was the fourth woman overall and finished third in the women's 45-49 age group. Marie finished sixth in the women's 45-49 year age group. This was the most competitive age group among both men and women! **Merit Greaves** took second place overall and first place in the women's 45-49 year age group in the supposedly 1K swim.

TBAM swimmers plan to attend the Suncoast Triathlon on October 25 at Ft. Desoto. We will be celebrating our one year anniversary in February so be looking for our first team appearance at the Valentine Meet in Clearwater. All are welcome here!

Up close and personal

Congratulations to **Samie** and **Nat Roland** for the birth of their new baby girl **Clara Lee** delivered on October 2. We look forward to having the family in the water very soon. Our stand out Ball State University swimmer **Melissa Keilen** will return soon from her wedding. Best wishes Melissa!

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



Congratulations to TMM Swimmers in USMS Top Ten - SCY 2009

25-29 women: **Lisa Whidden**, 1st, 1000 Free and 1st, 1650 Free 40-44 women: **Karen Becker**, 2nd, 200 Fly 45-49 men: **Mark Calvert**, 9th, 1000 Free 55-59 men: **Casey Claflin**, 6th, 50 Free; 8th, 100 Free; 10th, 200 Free; 3rd, 50 Back; 4th, 100 Back; 5th, 200 Back; 5th, 100 IM; 9th 200 IM. **Mike Ruelf**, 10th, 50 Breast 55+ men: **Casey Claflin**, **Tim Carroll**, **George Corrigan**, **Mike Ruelf**, 5th, 200 Free Relay

St. Pete LCM

The St Pete LCM meet was interrupted with some rain both days, but thankfully no lightning. TMM swimmers performed well, and we finished 4th overall as a team. The top 2 teams SPM (the host) and FACT (the LMSC regional team) each had more than 40 swimmers. We had a small yet energetic team of 14. Once again, TMM led the field in the other interesting stats, as **we were #1** in Points earned per swimmer, Points per swim and FUN among the top teams: We had several High Point winners.

Congratulations to First Place High Points winners: **Jennie Faith**, **Matt Hart**, **Karen Becker**, **Mark Calvert**, and **Kelly Spivey** Congratulations to Third Place High Points winners: **Eduardo Perez**, and **Sheila Carpenter-van Dijk**

TMM awards **Kelly Spivey** the most honorable TMM Iron Lung Award, swimming the 400IM, 200 Fly, 100 Fly, 400 Free, and most everything else. It was as if the 1500 was not enough challenge for Kelly.

New swim jargon coined at the St Pete LCM: "Chair cheer" - when you're just too tired to get up and cheer on your teammates swims from the end of their lane, you cheer from your chair. (Kelly is swimming AGAIN???- go Kelly!)

Sheila is TMM's oldest female competitor, aging up to 60-64. Sheila says she felt good for this meet, swimming 50, 100, and 200 Back and Free, five of which were personal best times. She took more than 9 seconds off her 200 Free (not her favorite race) and just over 4 seconds off her 200 Back (her favorite race).

Missy Smith missed being Third High Point winner (35-39) by one point, and she only swam one day! But Missy had a great meet for her first one back to competition! She won her age group 1500. Welcome back to Masters Swimming, Missy! Her sister **Pam** swam well and just missed High Points (40-44) in her first meet with TMM. Nice swimming yall!

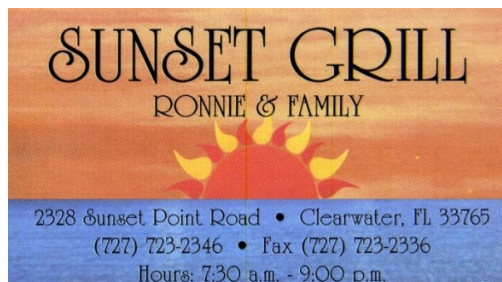
TMM Triathletes

Mark Calvert competed in his second individual triathlon at Ft Desoto. It was a sprint distance -- 600m swim, 10.6mi bike, and 5K run. He had to wake up at 3:50 (a.m. that is) to drive to the race. He started in the second swim wave and finished first out of the water in the 50-54 age group.

According to this swimmer-triathlete, "The swim is the most important part of these triathlons. Those other parts are just so it can be called a "tri"athlon." 😊 Mark finished 78th of 500, and of the 77 people who beat him, he was 1st on the swim, 3rd from the last on the bike, and last on the run. He finished 8th out of 26 in

his age group and was pleased with the results for his 2nd race. He was about 5 minutes faster than his first race, but still 6 minutes slower than the top 3 in his age group. Mark felt that he did better in the transitions, and in the run, and maybe a little better on the bike. His plan is to make more progress on the bike and the run to place better and to keep swimming.

Good luck to TMM swimmer **Mike Conroy**. He finished his PhD in Physics at USF and moved away to take a position at the Naval Research Laboratory. We'll miss Tsunami Mike, (now Doctor Tsunami Mike).



2010 Florida LMSC 9th Annual Social & Awards Banquet

Saturday February 13, 2010
Clearwater, FL

- **COST:** \$10 per adult; \$5 per child (12 and under). (*Subsidized by the Florida LMSC*)
- **TIME:** Please join us at 4:30 pm.
- **WHERE:** Banquet Room @ Sunset Grill- 2328 Sunset Point Rd, Clearwater, FL
- **WHO:** ALL are welcome. Please bring family and friends. 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. Lamb Shanks* 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. **Please indicate on your check if you want the Lamb so that enough will be 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 5nd. 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 separate check with your meet entry or mail to: SUN Masters c/o Don Puchalski; 157 Lakeview Way ;Oldsmar, FL 34677-2257, or contact Marianne Bradley (bradley@mampabay.rr.com 727-784-0420)

Recognizing the Best in 2009**

- **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.*
- **Florida LMSC Coach Award** - *Honors coaches who have exhibited outstanding devotion to Masters coaching in the Florida LMSC*
- **Florida LMSC Service Awards** - *The Florida LMSC honors those members for outstanding past and present service to the Florida LMSC.*
- **Frank H. Tillotson Award** - *Award by the Florida Mavericks to a swimmer for outstanding contributions to his/her own team, the Florida LMSC, the Dixie Zone and/or USMS, and the general swimming community beyond Masters.*

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

The 9th Annual Ed Gaw AMELIA ISLAND OPEN WATER CHALLENGE

Scheduled Race Date: 23 May 2009 (*Postponed: poor weather and dangerous surf*)

Actual Race Date: 18 July 2009 Race Start Time: 8:30 am - Submitted by Chris Gaw

What had been a drought suddenly turned into a week of rain and wind. Not-so-perfect timing for the 2009 Ed Gaw AMELIA ISLAND OPEN WATER CHALLENGE (AIOWC) scheduled race date on Saturday, the 23rd of May. In concert with the weather, the seas followed suit and stayed large and formidable. By Thursday, the 21st of May the seas were 10+ feet and were punishing the shore at Main Beach. Race organizers (the City of Fernandina Beach Parks and Recreation Department) made the call to postpone the swim. It was inevitable. The weather and sea projections called for no abatement of the conditions making it untenable for the Coast Guard Auxiliary boats and race safety crews (lifeguards and kayakers) come race day. The race was rescheduled for Saturday, the 18th of July.

On the 18th, 0500 came early for the set-up crew, ... very early. By 0630 the chairs, tables, food, and race finish cones were in place and the volunteer registration crews began to appear. The swimmers began to show and the big top began to hum with the pre-race energy of an open water event. The swimmers mingled, were processed, and numbered amidst the delicious bakery goods donated by Publix. A pod of dolphins appeared between the easy southeast swells and the wind blew lightly from the southwest as the sun appeared on the horizon. The conditions were close to perfect for the ninth annual running of the 2009 Ed Gaw AIOWC.

The big, yellow, school bus – led by the Fernandina Beach Police Auxiliary - grumbled to its stops at the 1-Mile (Jasmine Road) and 5K (Simmons Road) beach access points and the swimmers ambled to the beach starting areas. Around 0830 all systems were go and the start horn was sounded. The competitors charged their way into the surf and began the long ebb-tide swim around the start buoys for the 1-Mile and the 5K swims.



At the Main Beach finish area all eyes were peeled for sight of the swimmers. As the first 1-Mile swimmers rounded the buoy, it was evident that there was a race on. Diego Rios (Jacksonville, FL; 27) exited the water first followed closely by **Lucky Meisenheimer** (Orlando, FL; 50). Due to the ebb tide the finish line was high on the beach and in a photo finish, Mr. Meisenheimer's (26:09) strong run was enough to barely eclipse a diving **Mr. Rios** (26:10) across the finish line. Definitely one of the most exciting finishes ever for the AIOWC! **Lance Croft** (Fernandina Beach, FL; 21) was a close third in the men's race arriving at the finish line in 26:25. **Amy Yeager** (Fernandina Beach, FL; 26) was first across the finish in the ladies 1-Mile in a fast 29:12.

Within an hour the lead 5K swimmers began to appear between the swells. Exiting the water first was **Stuart Duff** (Jacksonville, FL; 25) who made a strong run across the finish line to win the men's overall event with a scorching 1:06:48. The women's 5K finish was exciting as **Caroline Bevallard** (Statesboro, GA; 19) exited the water with a slight lead over **Mallory Deighan** (Jacksonville, FL; 22). Ms Bevallard maintained that lead and finished first in 1:11:01 just ahead of Ms. Deighan (1:11:15) – both excellent

swims. The next three 5K swimmers to arrive at the finish line were **Graham Hawkes** (Tallahassee, FL; 18) at 1:16:45, **Rachael Sale** (Atlantic Beach, FL; 21) at 1:16:49, and **Walter Steele** (Jacksonville, FL; 1:16:57). Great racing!

It is hard to believe that this thing has been going on for almost a decade. It seems like magic, but really it is due to the hard work and dedication of the City of Fernandina Beach Parks and Recreation Department and a slew of volunteers including – lifeguards, fire department, police, police auxiliary, and Coast Guard auxiliary. Not to mention the support provided by the event sponsors: Hi-Liner Fishing Gear and Tackle, the Scuba Station, Coca-Cola, First Community Bank, Magna Full Body Salon, P5 Productions, the First Coast YMCA, and Publix.

The City of Fernandina Beach and the AIOWC volunteers look forward to hosting you in 2010.

See you at Main Beach!

Mr. Rios (l) and Mr. Meisenheimer (right) sprinting to the 1-Mile finish.



**Sarasota YMCA Sharks Masters
First Annual Shark Tank SCY Meet
January 23-24, 2010**

- Sanctioned by:** Florida LMSC for USMS, Inc. Sanction # 140-009
- Date & Time:** **Saturday January 23rd** Warm-up 10:00 a.m.; Meet Starts 11:00 a.m.
Sunday January 24th Warm-up 9:00 a.m.; Meet Starts 10:00 a.m.
- Facility:** The beautiful Sarasota YMCA Selby Aquatic Center, 8301 Potter Park Drive, Sarasota, Florida
- Eligibility & Rules:** Open to all registered MASTERS, age 18 years and older. **A copy of your 2010 USMS Card MUST be attached to the entry form.** 2010 USMS rules govern.
- Entries:** Swimmers may enter five (5) individual events per day, PLUS relays. Cost to enter meet is \$35.00 and includes relays. **Online entries are preferred.** For mailed paper entries, make check or money order payable to **SYSM** and mail to: Fernet Ramnath, 22583 Morning Glory Circle, Lakewood Ranch, FL 34202. Please be sure that all information is filled out, the waiver is signed, and a copy of your USMS registration card is attached. **NO DECK ENTRIES.**
Entry fees will be waived for all swimmers aged 80+.
Questions? Contact Rick Walker at: (941) 346-7946 or rickmile@verizon.net
On line entry available here: www.clubassistant.com (pending)
- Deadline & Scratches:** Online entries should be completed by **Thursday, January 14, 2010.** Mailed paper **entries must be RECEIVED BY Thursday, January 14, 2010.** Late entries will be accepted until January 20, 2010 for a \$5 surcharge. Contact Rick Walker for late entry procedure. If it is necessary to scratch from the meet, contact Rick Walker at 941-346-7946 or email rickmile@verizon.net
- Seeding:** Check-in required for the 400 IM and 500 Free. Entries will be seeded mixed M/W, by time, fastest to slowest.
- Relays:** Relays will be deck entered and seeded prior to each race. All relay swimmers must be registered in the meet, sign the meet waiver, and pay the meet surcharge. Mixed relays consist of two women and two men. Co-mingling of FACT swimmers for relays is permitted. There is no additional charge for relays.
- Awards & Scoring:** Ribbons awarded 1st - 6th places.
- Heat Sheet & Results:** A heat sheet will be provided to each entrant. Psych sheets will be available online at midnightsports.com mid week prior to the meet. Results will be posted on-line at midnightsports.com and submitted for Top 10 consideration within 14 days of the completion of the meet.

Schedule of Events:

Saturday 11:00 a.m.

W/M	Event
1/2	200 yd Free
3/4	50 yd Fly
5/6	100 yd Breast
7/8	200 yd IM
9/10	50 yd Breast
11/12	100 yd Fly
13/14	200 yd Back
15/16/17	200 yd Medley Relay (mixed, women, men)
18/19/20	200 yd Free Relay
21/22	500 yd Free

Sunday: 10:00 a.m.

W/M	Event
23/24	100 yd Back
25/26	50 yd Free
27/28	100 yd IM
29/30	200 yd Breast
31/32	50 yd Back
33/34	100 yd Free
35/36	200 yd Fly
37/38/39	400 yd Medley Relay (mixed, women, men)
40/41/42	400 yd. Free Relay
43/44	400 yd IM

**FREE HOT CHOCOLATE, TEA & HOMEMADE COOKIES WILL BE PROVIDED
TO ALL SWIMMERS!**

Courtesy of the Sharks Masters

**Sarasota YMCA Sharks Masters
First Annual Shark Tank SCY Meet
January 23-24, 2010**

Sanctioned by: Florida LMSC for USMS, Inc. Sanction #: 140-009

Last Name (as on 2010 USMS card): _____ **First** _____ **MI** _____

2010 USMS number _____ - _____ **Gender** (circle) Male Female

Date of Birth (mm/dd/yy): _____ **Age:** _____

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)
Swimmers must enter a time for each event; "NT" or "no time" entries are not permitted.

W/M	Saturday, January 23rd	Seed Time	W/M	Sunday, January 24th	Seed Time
1/2	200 yd Free		23/24	100 yd Back	
3/4	50 yd Fly		25/26	50 yd Free	
5/6	100 yd Breast		27/28	100 yd IM	
7/8	200 yd IM		29/30	200 yd Breast	
9/10	50 yd Breast		31/32	50 yd back	
11/12	100 yd Fly		33/34	100 yd Free	
13/14	200 yd Back		35/36	200 yd Fly	
15/16/17	200 yd Medley Relay	Mixed Women/Men	37/38/39	400 yd Medley Relay	Mixed Women/Men
18/19/20	200 yd Free Relay	Mixed Women/Men	40/41/42	400 yd Free Relay	Mixed Women/Men
21/22	500 yd Free (mixed seeding)		43/44	400 yd IM (mixed seeding)	

Fees: \$35.00

ATTACH A COPY OF YOUR CURRENT
USMS CARD HERE

TOTAL ENCLOSED: \$ 35.00

Mail entry form, check payable to **SYSM**,
and a copy of your 2010 USMS card to:

Fernette Ramnath: 22583 Morning Glory Circle, Lakewood Ranch, FL 34202

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: _____

2010 SUN Masters Annual Valentine's Meet ~ February 13-14, 2010

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

Sanctioned by Florida LMSC for USMS, Inc # 140-003

DATE & TIME: Saturday, February 13: 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 14: 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 13, 2010, 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 5.** 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 2010 USMS registration card is attached. Entry fees are \$2.50 per individual event, \$5 per relay team, and a \$20 surcharge to cover the electronic timing system, which is non-refundable. 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 if the Treasurer, Marianne Bradley (727) 784-0420, is notified prior to 4 PM on Wednesday, February 10.

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 18+, 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 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 13	W/M	Sunday, February 14
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). Information is in the flier on the next page.

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.**