

Florida LMSC Newsletter

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AUGUST 2010

"NEW" FITNESS CORNER: Sue Moucha



I welcome comments/articles from Florida LMSC members related to any fitness topic. Please read the following article from swimmer, Charles Weatherbee. He really helps you understand fitness in easy basic terms:

DO WE SWIM BECAUSE WE ARE FIT, or are WE FIT BECAUSE WE SWIM? By Charles Weatherbee

It would seem that there is merit to both sides of this question. I would suggest, however, that there is overwhelming evidence, at least for me, that the fitness of Masters swimmers is a direct result of the time we spend in the pool. There are many infirmities that come along as we age that could easily sideline us from active physical activity. I believe that swimming offers the best opportunity to maintain a high level of fitness regardless of physical limitations. I personally have had surgery on both shoulders and both knees, the right knee four times. If I were a tennis player for example, my playing days would be over. Since swimming is a "low impact" sport it affords us the opportunity to swim and compete on into our later years. Could you imagine a football player past age 50?

Now to the question. *Do we swim because we are fit or are we fit because we swim?* Speaking from personal experience, in 1989 I began having angina pain from walking. I subsequently underwent angioplasty procedure for a major heart vessel that was 90% blocked. I was advised by my cardiologist that the angioplasty was not a permanent solution and that the average patient needed additional medical intervention within about two years. It was then that I decided to get back into the pool to see if I could improve my health. I had stopped competing in 1954 and 36 years later I found myself only able to swim a maximum of 500 yards about three times a week. I was able to gradually increase my yardage, and eventually joined USMS. I now maintain an active competition schedule. I have little doubt that I am now healthy because I swim. When I started back swimming, I was anything but fit. To me, that puts the question to rest.

MILESTONES--send me yours to share. **Margie Hutinger**, a Florida Maverick Masters, completed the Meek & Mighty Triathlon, April 2010, a wish fulfilled from her bucket list. "Do a Triathlon when I age group up to 70." Margie placed 2nd in her age group. Congrats!

FITNESS IDEAS FROM OTHER USMS LMSCs--Since the 1980s, Dallas Aquatic Masters uses the month of July to "Swim for Distance". At the start of the month, any swimmer wanting to participate sets their individual goal for the month. If they reach the goal, they receive a special t-shirt. The program is great for all swimmers, as they can set their own individual goals, and work from year to year to improve upon them. For more information on this program and how it works for them, check out http://www.damswim.com/special_events.htm and click on details for that event.

FITNESS CHALLENGES--Send me what challenges you do to share with others. Is there an individual swimmer who sets fun challenges for themselves? For example, swim 60 x 100 for their 60th birthday? Or 50 different pools in a year for their 50th year? [Send all correspondence to Sue at jbmoucha@aol.com.]



LETTER FROM OUR CHAIRPERSON:

Dear Florida LMSC Members,

We held our second LMSC meeting of the year on Saturday July 17 in Ocala after the days swimming events. Unfortunately only five out of 54 clubs were represented. Our next meeting will be our Annual meeting on October 16 in Orlando at the Rowdy Gaines Classic. This is an election year so if you are interested in running for any Board position, please notify Fernette Ramnath @ framnath@hotmail.com.

Highlights of the July meeting are:

1. As of July 17 we had 1705 registered members of the Florida LMSC. We are financially solvent. Please let us know how we can better serve you.
2. **Sue Moucha** is our new Fitness Chair and is very interested in helping the fitness swimmer. Please see *The Fitness Corner* in this newsletter.
3. Sanctioning question: How much time before a scheduled meet should the paperwork requesting a sanction be submitted? As of our 2009 Annual meeting, Florida policy states that a complete sanction application must be submitted to the Sanctions Chair 45 days prior to the posted meet date. No sanction shall be issued until all required documentation is submitted to the Sanction's Chair.
4. A Dixie Zone policy is also in effect that no meet can be sanctioned on the same day of a Dixie Zone Championship. (Appeals can be made to the Dixie Zone Executive Committee for extenuating circumstances.)
5. Please see *Referees Recommended Pre-Meet Briefing Notes* for USMS Sanctioned Meets on our website under "Meet Directors".
6. **Joe Biondi**, has stepped down as Coaches Chair as of this meeting. Joe is an outstanding coach and we thank him for all his hard work and dedication to the Florida LMSC. At Joe's recommendation I have appointed **Scott Bay**, coach of Daytona Beach Masters Swimming. Scott has accepted.
7. The Florida LSMC sent three of our coaches (**Scott Bay, Bill Brenner and Rick Walker**) to attend Swim Fest in San Diego. Please read Scott's article on our website to find out more about Swim Fest. Both Scott and Bill felt that this opportunity provided them important information that they can take back, not only to their swimmers, but also to the Florida LMSC. Perhaps next year we will be able to send a beginner swimmer for an in depth coaching experience.
8. Our Financial Planning Committee (**Margie Hutinger, Bill Brenner and Jim Stine**) have come up with a list of possible expenditures that will benefit the Florida LMSC and swimming community in general. We will discuss these more at our Annual meeting in October.
9. Your Florida LMSC is in the process of purchasing a laser measuring device, but we need to make sure that it is accurate and used properly. **Marly Wilson** has volunteered to fabricate a design from Michigan LMSC plans given to us by Fred Pigott. There are many factors to keep track of and hopefully, we will be able to make several for our LMSC so that pools with bulk heads can be measured easily and correctly after a meet.
10. We had a suggestion to sponsor a Florida LMSC Hospitality suite for National meets if they fell within the Dixie Zone. This will be a way for all of us to meet and socialize as well as allowing various Florida teams to set up their relays and give last minute instructions to their members. Please give us your input, whether you like the idea or not and any other suggestions you might have.

Sincerely,
Meegan Wilson

FL-LMSC OFFICERS & Committee Chairs

Chairman

Meegan J. Wilson

352-373-0023

meeganwilson@bellsouth.net

Secretary

Victor Buehler

352-591-0398

pigasus@alltel.net

Treasurer

James Stine

813-504-665

stinecpa@tampabay.rr.com

Registrar

Meredith Moore

239-774-0822

mamoo49@aol.com

Records & Top 10

Marly Wilson

352-373-0023

marlified@gmail.com

Sanctions

Sue Moucha

813-689-4131

jbmoucha@aol.com

Newsletter Editor

Jason Brauer

727-744-4296

jasbrauer@yahoo.com

Senior Games Liaison

Joan Campbell

727-938-7181

jcampb10@tampabay.rr.com

Official's Chair

Charles Kohnken

727-531-0008

Charleythetuna@tampabay.rr.com

Coach's Chair

Joe Biondi

727-725-9978

jbiondi3@tampabay.rr.com

Social Chair

Marianne Bradley

727-784-0420

bradleym@tampabay.rr.com

Past-Chairman

Tom Bliss

321-453-3409

tbliss@cfl.rr.com

Webmaster

Meegan J. Wilson

352-373-0023

meeganwilson@bellsouth.net

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August & November

VOTE FOR OUR LOCAL MASTERS BOARD **ELECTIONS ARE HELD - OCTOBER 16, 2010**

In case you didn't know, this is an election year. The elected positions (two year terms) and current holders are listed below:

Chairman, Meegan J. Wilson
Treasurer, James Stine
Secretary, Victor Buehler
Registrar, Meredith Moore
Newsletter, Jason Brauer
Sanctions, Sue Moucha.....(resigning) Patricia Tullman running
Records & Top 10, Marly Wilson.....(resigning) - Bill Brenner running

We have vacancies in two positions, Sanctions and Top 10. Bill Brenner will be running for Top 10 and Patricia Tullman for Sanctions. All positions are elected by our members and all are up for reelection. If you are interested in running or nominating someone for any of these positions please contact Fernette Ramnath at framnath@hotmail.com. Nominations will also be accepted from the floor. Our Annual Meeting will be held following the first days events at the Rowdy Gaines SCM Classic on October 16.



OUR OFFICIAL'S OFFICIAL PERSPECTIVE: **Charlie Kohnken**

KEEPING US LEGAL SWIM AFTER ANOTHER!!!!

The Officials try to run a smooth meet in a timely fashion. They like to have the timers sitting for the start. This is for two reasons. The Timers start their watches on a strobe light. If there are people between the Timers and the strobe they may miss the light and have to start the watch on the beep. Therefore the area between the Timers and the strobe must be clear. By having the Timers seated, the Officials have a clearer view of the swimmers on the blocks. Some of the ways you can help when you leave the pool are: 1. Don't turn left or right, but instead walk behind the Timer's chairs and then make your left or right turn. 2. Another item is when swimmers want to read their time off the scoreboard. They walk out in the pool ten or fifteen feet to read the board. If you want your time off the scoreboard please ask a friend to get it. A friend can probably get your finish time and also your splits. One or two swimmers have hopped out of the pool and then stand on the first step of the starting block to get a time. This is after already delaying getting out by walking out fifteen feet.

We the Officials don't want to rush a Master's meet, but we don't want to be there "all day". The USA swimming has a time limit on sessions. The host club is fined if they go over the time limit.

For relays only the lead swimmer should be in front of the Timers. All other swimmers should be behind the Timer's chairs.

Another problem is swimmers wanting to cheer their buddy on. This is fine, but you don't go between two Timers who are at the blocks trying to get a finish. Your shouting distracts sixteen Timers and two or three other Officials.

I could go on with other items, but I would prefer to have you read and understand the requests I have made. We want you to have fun while working your tails off.



ASK THE SWIM DOCTOR: Paul Hutinger

Question: I was intrigued by your previous column about high intensity training. I would like to learn more about it. What are some other sources I can refer to?

Answer: In my last column, May, 2010, I referred to research at McMasters University, Jim Montgomery's clinic and my own article in *Swim Technique Magazine* about high intensity training (HIT). I will expand upon those ideas in this column.

Dr. Lawrence Morehouse was one of the early researchers in the '80s, who set up his research with lab work on the astronauts. He found that 20 minutes of high intensity workouts, three times a week, maximized the physiological markers of his subjects. Of course, these were 25 and 30 year olds, but he felt that these principles of exercise physiology would work in any program where you could maximize the benefits.

The pervasive myth, even today, is inherited from the "swim culture" that says that the more yardage you do, the better you will perform and the more successful you will be. I will give you three different examples from three vastly different age groups that will contradict this idea.

An 85 year old Master swimmer, who has used HIT for his 40 years of training, possesses a Testosterone total of 869 ng/dl, on a scale of 827. His first measurement was in 1983. He attributes his successful high performances, including National and World Records to his training, which is a natural enhancement. His doctor couldn't believe it.

At the recent USMS SCY National Championships in Atlanta, I had the pleasure of talking to Richard Abrahams, 65. His National record times included 50y free, 22.10; 100y free, 49.42 and 200y free, 1:57.54. He uses HIT for his training, based on the research of Dr. Tabata, Japan, whose work with the Olympic speed skaters gave him his basic data. Utilizing Dr. Tabata's training suggestions, his workouts would include a warm up and cool down, and 5 sets of 8 x 25 (ALL OUT).

One of the best examples of HIT is Mark Gangloff, 27. He is a 2004 and 2008 Olympian in the breast stroke and used it to go under 1 minute for the 100 m breaststroke, last year. In his article, Nov 12, 2009, *Everyone Needs a Little Quality: Swimming Better; Not Swimming Longer*, he gives an example of a main set as follows: 6 x (8 x 25) sets; 1, 3 and 5 are your best stroke, other than free; sets 2, 4, and 6 are free. Decrease intervals by 5 seconds per round (eg; :45, :40, :35, :25, :20); with an easy 100 to 200 between each round. 1 x 50 off the blocks FAST!

The above examples of high intensity training should give you some food for thought. The permeating myth that more is better, should be questioned. Masters swimmers will need to make sure their cardiovascular system (maximum heart rate) can handle the HIT. Using these basic principles, you can build a program for yourself to elicit greater benefits from your swimming.

The rest of Gangloff's article can be found at: <http://www.usms.org/articles/articledisplay.php?a=229>

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



**U.S. MASTERS
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Dear Florida LMSC Members,

From **April – June, 2010**, the following Florida LMSC Members have donated to either the USMS Foundation and/or the International Swimming Hall of Fame Foundation (ISHOF):

Beth Barnes, Melissa Busnot, Andrew Findlay, Scott Guthrie, Tami Hindman, Frank Holleman, Robert Melsom, Carol Neal, Gary Peters, Art Singleton, Crystal Tavares, Melissa Varlas-Clapperton.

Thank you! Your support of US Masters Swimming and the International Hall of Fame is greatly appreciated.

Sincerely,

Florida LMSC Board of Directors,



FLORIDA MAVERICKS:

The Florida Mavericks competed at the 41st USMS SCY Nationals in Atlanta. This meet celebrated the 40th Anniversary of Masters Swimming and SCY Nationals.

Those finishing with top ten medals were: **Paul Hutinger** was a National Champion 4 times and also received a 2nd place medal **Pat Tullman** won two National Championships along with 2 seconds, a 3rd and a 4th. **Jean Allen** received one 2nd, two 3rds, one 4th, an 8th and a 10th. **Margie Hutinger** received one 4th, one 7th and one 9th. Congratulations to these swimmers.

Pictured, Left to Right: *Margie Hutinger, Sherri Bogue, Paul Hutinger, Patricia Tullman, Jean Allen.*



FLORIDA AQUATIC COMBINED TEAM:

Short Course Nationals was all we expected. The competition was spectacular and the facilities THE very best. Georgia Tech was the site of the 1996 Olympics and we were introduced to a fantastic venue and good times were had by all. The Hospitality Room was a great success. The Team enjoyed meeting everyone, reacquainting with old friends and organizing relays for the upcoming competition. We were happy to hear our friend and fellow competitor **William Adams** was recovering nicely from his cancer operation the day before - he had to cancel just before the meet for an emergency operation. I have since heard he is doing very well and we expect to see him in Auburn next August for our Long Course Nationals!! The lone chapter competitor from Holmes Lumber Jax **Ed Graves** arrived with his lovely wife **Taylor** and an initial injury to his toe - Ed is subject to injuries and he didn't disappoint us; however, he never lets ANYTHING hold him down!! Our younger participants from Bulgaria via Destin and parts north were very interesting and a great asset to the team. We enjoyed meeting Peter's new wife and hearing their experiences. Unfortunately their fourth relay competitor, **Bernardo Campesino**, became ill upon arrival and had to withdraw from all the events, but not to be vanquished **Don Puchalski**, 71, stepped in to replace him in their 25+ relays!! A Top Ten breastroker in his age group, he did not embarrass himself filling in and all enjoyed the competition.

The FACT team placed 10th in Regional Teams, competing against teams of over twice to 10 times our number. If all the small clubs had combined, as is our goal, we would have had 64 competitors and been able to place much higher. As it was, our 15 competitors had 431 points, ahead of ALL other Florida teams, local or regional. Our women were 8th with 291 points, 100 points ahead of any other Florida club. Our men place 12th with 120 missing two of our powerhouse swimmers because of illness. We hope that those of you that were not part of the FACT team and attended as members of a small club will look at the advantages offered by coming as a Chapter of the Florida Aquatic Combined Team. With 1,975 competitors it is so much more fun to be part of a group that is competitive and the camaraderie developed makes Masters swimming enjoyable.

As individuals, **Marly Wilson** (25-29) placed 2nd in the 1000 free; her mother, **Meegan** (60-64) placed 4th in the 50, 3rd in the 100, and 2nd in the 200 breaststroke; 8th and 10th in the 100 and 200 IM; **Ellie Trevisson** (65-69) placed 10th in the 1000 free; **Martha Henderson** (70-74) placed 5th in the 200 free; 7th, 9th and 6th in the 50, 100 and 200 back; 2nd in the 50 fly and 5th in the 100 IM; **Betty Lorenzi** (80-84) won gold in all 6 of her events - 100, 200 and 500 free; 50, 100 and 200 back. Rob Copeland commented as she completed her 200 backstroke "you beat my mother!!" **Joan Campbell** (80-84) took 1st in the 400 IM, 1650 free, 200 butterfly and 200 breast, 2nd in the 200 back and 3rd in the 200 free. **Nancy Durstein** (80-84) took 1st in the 50 and 100 fly, the 100 and 200 IM and 2nd in the 400 IM and 200 Fly. Martha and our three 80 year olds placed 4th and 2nd in the 65 plus freestyle and medley relays - the Medley being a barn

(FACT cont.) burner racing to catch our competitor in the free relay from the day earlier - we WON thanks to a great relay effort by all!

The men 30-34 had some really tight competition and placed well. **Ivo Pavlov** was 17, 23, 15 in the 50, 100, 200 free. 12th in the 50 back; 16th in the 50 fly and 15th in the 100 IM. **Peter Tunov** was 3rd in the 1000 free; 7th in the 100 and 200 back; 18th in the 50 fly. **Lyuben** was 15th in the 50 fly; 13th in the 100 and 8th in the 200 IM. Their 25+ mixed relays placed 23rd and 25th for the free and medley; mixed relays with our spunky **Meegan Wilson** (61) managed a 28 and 25th - not bad considering!! Our 65+ relays with **Betty Lorenzi, Martha Henderson Ed Graves** and **Don Puchalski** placed 7th and 5th, free and medley. **Don Puchalski** (70-74) won the 100 and 200 breaststroke; 2nd in the 50 breast and 400 IM and 5th in the 100 IM and 4th in the 200 IM. Our "prone to injury" **Ed Graves** bettered all his seed times with his elbow all bandaged, his toe wrapped in band-aids and took a very respectable 2nd in the 50 and 100 free, 50 and 100 back and 50 breaststroke. He unfortunately lost count in the 200 back and turned over at the end - but he was on the way to a super time and place in that too! He was competing at one time with his co-coach and as a alumnus of Georgia Tech gave us a good deal of background of his competitive years at the college and people he had known. He returned to swimming at our last Nationals in Savannah and competed with us in Indianapolis last year. At 86 he inspires us with his enthusiasm.

The Bumpy Jones Dixie Zone Championships in June had some awesome finishes for so early in the season. Our relays combined the chapters of VAST, SUNF, 300F, and SARF to win both the mixed free and medley 200 240+ - 1st and 2nd in the Medley and 1, 2, and 3 in the Free. Also the Mixed Free 280+ 200 took 1st and 2nd. Individual finishes were very impressive and can be noted on the results on our Dixie Zone website.

The St Pete Long Course Swimming Championships just made the LMSC Newsletter on July 10 and 11th. Our 17 FACT representatives from the Chapters of SARF, SPCO, VASF, SWIF, 300F and SUNF had some great relays - placed 1st in the 280+ Women's Free and Medley Relays; the men's 200+ Free Relay took a 3rd; their 280+ Medley Relay won. The 280+ B Mixed Medley Relay was fun - the B relay with our fantastic flier, **Bob Jennings**, out swam the A relay - they took 1st and 2nd. The 320+ Mixed Free Relay also won. The FACT team placed 2nd to the Host Team, St Pete, in combined results; 2nd in the Men and 3rd in the Women.



GULF COAST SWIM TEAM:

Gulf Coast Swim Team (GCST) is the highest ranked club in Southwest Florida in the USA Swimming's Club Recognition Program and has been in existence since September of 1998. After many requests from both the public and the parents of the age group swimmers, GCST began their Masters program in February of this year. Starting out with only three Masters swimmers and four triathletes, the team has quickly grown to over 20 participants in just a few short months.

GCST successfully hosted their first meet on May 1st and 2nd at Florida Gulf Coast University. Eight Florida teams and 53 swimmers participated in the meet. The GCST ladies relay team swept all 4 events entered.

GCST also hosted the Open Water Festival at Fort Myers Beach on June 12th and 13th and GCST Masters competed in several events. In the 1.5k, **Heather Roka** was 3rd over-all. **Vanessa Brewer**, and **Jill Moreland** were age group winners and **Julie Errington** finished 4th in her age group. In the 5k **Wayne Hannum** was 3rd in his age group and 13th over all. There was also in Aquathon which included a 1 mile run followed by a 1.5k swim and then finished with another 1 mile run. GCST Masters member Zach Smith was 2nd in his age group and 9th over all.

GCST Masters Team is led by both Coach **Don Henshaw** and Coach **Greg Cross** at the San Carlos and FGCU pools. There are both morning and afternoon practices to allow for a variety of swim times for its very busy members.



SARASOTA MASTERS SWIMMING:

The Sarasota Masters is having a Hot Summer (literally...)! We are now the largest practice group (SARF) of the Florida Aquatic Combined Team, and the 5th largest team in the Florida LMSC! This growth is being fueled by ex-competitive swimmers returning to the sport, usually after experiencing a “mid-life” crisis!

Two recent additions to our team couldn't exemplify this trend better; **Laura Dissington** and **Tina Lipe**. Sidelined for more than a year following shoulder surgery and rehabilitation, Laura has returned to the pool with an eye towards competing once again. A former Olympic Trials qualifier in the sprint freestyle events, she will be inducted into the New York High School Section V Swimming and Diving Hall of Fame later this year.

Tina began swimming under the tutelage of her father, the late Bruce Lipe, founder of the Cincinnati Marlins Swim Team, one of the most storied programs in US Swimming history. A former Ohio state record holder in the butterfly, she went on to swim for the Cincinnati Bearcats alongside her sister Heidi.

Five Sarasota Masters competed in the “Bumpy” Jones International Classic, with Coach **Peter Hegwein** performing Deck Referee duties! **Gerry Chojnowski** (60-64) started things off Friday with a 2nd place finish in the 800m free. He went on to place 2nd in the 100 & 200 free, 3rd in the 100 breast, 4th in the 50 free, and 5th in the 50 breast. On the gender flip-side, **Deb Walker** (55-59) racked up three blue ribbons in the 50 & 100 breast, and the 200 backstroke, later adding a 2nd place in the 50 back and a 3rd in the ever-competitive 100 free. **Nancy Kunzel** (50-54) proved that drills *can* improve your stroke by finishing 3rd and 4th in the 100 and 50 back, respectively. **Doug Messineo** (70-74) once again managed *only* blue and red ribbons by clocking a 1st in the 200 IM and 2nd's in the 100 free, 100 & 200 breast. Not to be outdone, our intrepid team President **Edna Gordon** (80-84) took 2nd in the 100 back and 3rd in the 200 free. At day's end on Sunday, and with everyone tired and waterlogged, the SARF mixed 200 free and medley relays (240-279) took 1st in both; congratulations Gerry, Doug, Nancy and Deb!

At the St. Pete Masters LCM Championships, seven Sarasota Masters stepped onto the blocks and tested their mettle. **Gerry Chojnowski** (60-64) set new personal bests in the 50 and 200 free, 50 and 100 breast, garnering 2nd, 1st, 3rd and 2nd place honors, respectively. **Doug Messineo** (70-74) won the trifecta, placing 1st in the 50 breast, 100 fly and 200 IM; see you at the track, Doug! **Helen Vetter** (70-74) finished 3rd in both the 100 free and 50 fly, while **Edna Gordon** notched a pair of 2nd's in the 100 free and 200 back. Everyone's favorite breaststroker, **Deb Walker** (55-59), took 1st again in the 100 breast, and claimed 2nd in both the 100 free and 200 backstroke. **Bob Coulter** (75-79), fresh from his 2-week vacation out West with his lovely wife Mary, garnered in the 100 back and 2nd in the 50. Lastly, in her first competitive swim meet in over 30 years, **Tina Lipe** (55-55), sans goggles, touched the wall 4th in the 200 free, and 5th in the 100 free, 200 back, and 50 fly. She later remarked, “I'm baaaack!”



SUN MASTERS:

In Memory of Elliott Schofield - 1922-2010.

Our team is saddened by the June passing of Elliott W. Schofield, age 87, the most senior member of our team. Elliott was born in Greenwich, Ct, grew up and worked there until his retirement in 1990, when he moved to Oldsmar. Elliott was an avid long distance swimmer, and competed in meets in the US, as well as England, Canada, New Zealand, and Australia. In 1984 at age 63, he was the third oldest to complete the 28-mile swim around Manhattan Island. His favorite stroke was backstroke and he won many medals and ribbons throughout his long career in U.S. Masters Swimming and other swimming competitions. Elliott was a decorated Navy veteran having proudly served our country in World War II in the Pacific Theater aboard the USS Miami, a light cruiser.

Elliott was a member of the Oldsmar/East Lake Rotary and a past president of the Greenwich Rotary Club, and served on the Board of Directors in the Boys Club and the YMCA in Greenwich. He is survived by his wife of 63 years, Ruth, of Oldsmar, and his daughter Jaclyn of Greenwich, and many nieces and nephews.

Our team will miss his presence at our Friday breakfasts, our team socials, and sitting around the pools at the many swim meets where we enjoyed his company. Swim on Elliott.....always looking upward.

(SUN cont.) Results from USMS Nationals in Atlanta for our SUN team.

In our ladies 80-84 age group, **BETTY LORENZI** again swept her events with first places in the 100, 200 & 500 free and 50, 100, and 200 back. **NANCY DURSTEIN** dominated the Fly and IM's with firsts in the 50 & 100 Fly, and 100 & 200 IM's, with seconds in the 200 fly and 400 IM. **JOAN CAMPBELL** fared very well with firsts in 1650 free, 400 IM, 200 Fly and 200 Breast, with second in the 200 back and third in the 200 free.

In the men's 70-74 age group, **DON PUCHALSKI** swam to firsts in the 100 & 200 breaststroke, seconds in the 400 IM and 50 Breaststroke, fourth in the 200 IM and fifth in the 100 IM.

Coach Joe Biondi was selected to represent Florida LMSC as the coach, and had his usual grand time of helping swimmers improve their techniques! We all know how great he is at stroke technique and making us go faster!

SUN Masters swim team Triathletes are doing well!!!

St. Anthony's, **John Cornish** - 1st in Clydesdale 50+ and **Charlie Anstadt** - 4th (out of 344!!) in 40-44 Age group.

Florida International Triathlon, **John Cornish** 1st in Clydesdale 40+

Madeira Beach Triathlon, **Charlie Anstadt** - 3rd in 40-44; **John Cornish** - 2nd in 40+ Clydesdale; **Bruce Man** - 5th in 50-54; **Gene Wong** - 4th in 35-39

Sarasota Sharks Bumpy Jones LCM swim meet. **Nancy Durstein** took six First places and 4 seconds, while **Don Puchalski** took 3 Firsts and a third on his one day there. This is always a good meet, and many of us could not attend this year for various reasons. We'll be back though.

At the St. Pete July 11-12, **Nancy Durstein** won high point in the 80-84 with her 10 events and good times. **Joan Campbell** placed third in the 80-84 group. **Ed Laugen** was 5th in the 35-39 age group.



MEMORANDUM

TO: ALL FINA MEMBER FEDERATIONS
FROM: FINA, Lausanne
DATE: 17th June 2010
RE: FINA SWIMWEAR RULES MASTERS SWIMMING

Dear Sirs,

Following the recent decision of the FINA Bureau related to "FINA SWIMWEAR RULES - MASTERS SWIMMING", please see below the amendment to FINA BL 8.5. BL 8.1, BL 8.2, BL 8.3 and BL 8.4 remain as approved by the FINA Bureau. The only amendment is to FINA BL 8.5. Please note that this amendment takes immediate effect and will be published in the new edition of the FINA Handbook 2009-2013.

BL 8.1 All FINA approved swimwear to be used at the Olympic Games and FINA World Championships must be approved by FINA at least twelve (12) months prior to the start of the respective competition. In addition, it must be available for all competitors by 1st January of the year of the Olympic Games or FINA World Championships

BL 8.2 In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. No additional items, like arm bands or leg bands shall be regarded as parts of a swimsuit.

BL 8.3 From January 1, 2010 swimwear for men shall not extend above the navel nor below the knee, and for women, shall not cover the neck, extend past the

shoulder, nor shall extend below knee. All swimsuits shall be made from textile materials.

BL 8.4 From June 1, 2010 Open Water swimwear for both men and women shall not cover the neck, extend past the shoulder, nor shall extend below the ankle. All Open Water swimsuits shall comply with the FINA Criteria for Materials and Approval Procedures.

BL 8.5 From January 15, 2010 in Masters Pool Swimming competitions the rules BL 8.1, BL 8.2 and BL 8.3 apply. From June 1, 2010 the rule BL 8.4 applies also for the Masters Open Water Swimming competitions. It is clarified that swimsuits which fulfill the shape requirement set forth in BL 8.3, respectively BL 8.4 (for Open Water Swimming) can be accepted even if they do not bear a valid FINA approval label provided they effectively and evidently fulfill the material requirements set forth in the current FINA Requirements for Swimwear Approval. This is the case for swimsuits made of traditional permeable textile (i.e. open mesh material) material (such as cotton, Nylon, Lycra and the like) with no application of surface treatment closing the open mesh structure. In case of doubt in this respect and when notably such doubt concerns a swimsuit used at the occasion of a World record, an actual check of the swimsuit can be required from the competitor or Certifying Official and the swimsuit is to be forwarded to the FINA Office for submission to an actual control of all or parts of the requirements.

Yours Sincerely,
Cornel Marculescu
Executive Director



8TH ANNUAL!
DAIQUIRI DECK
TROPICAL SPLASH OPEN WATER SWIM

Dixie Zone Championship / USMS H2Open Series Event

Saturday - October 2, 2010

Off Beautiful Siesta Key Beach - Sarasota, Florida

Sanctioning Bodies: Florida LMSC for USMS, Inc. Sanction # 140-0270W
Florida Swimming for USA Swimming, Inc. – Sanction Pending

Hosted By: Sarasota YMCA Sharks Masters & South County Family YMCA

Event Directors: John Bruenning (941) 492-9622 / Rick Walker (941) 346-7946

Event Times:

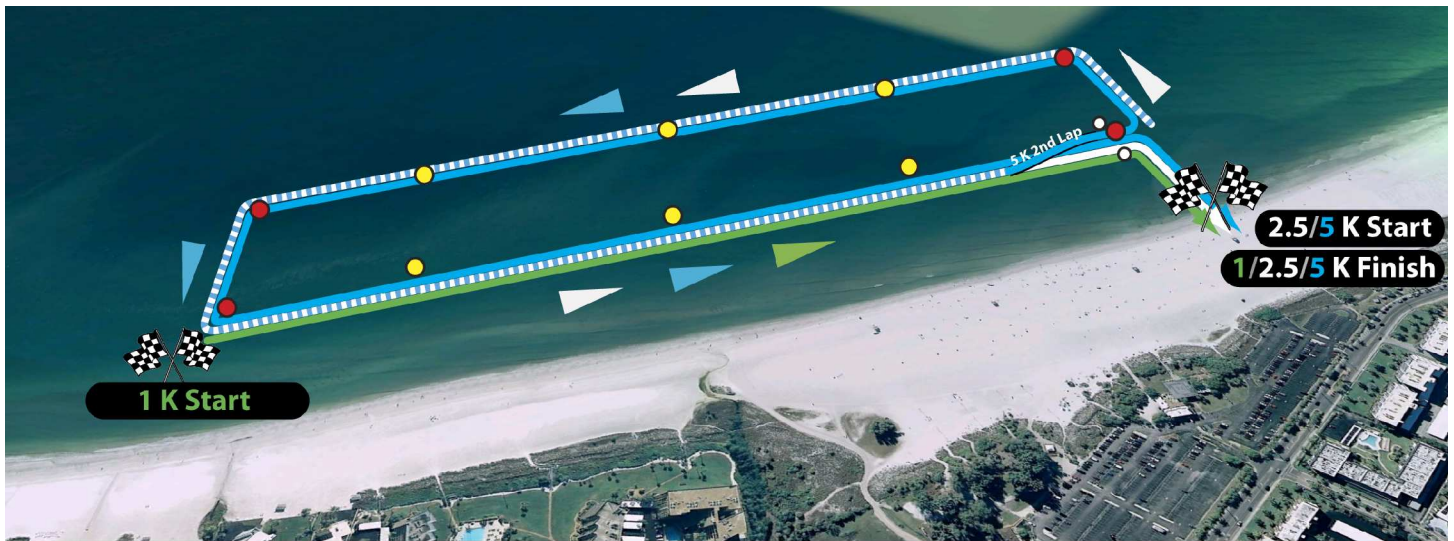
6:30 a.m.	Registration/Check-in – Beach Pavilion
7:10 a.m.	Registration/Check-in closes
7:20 a.m.	Pre-Race Meeting on the beach
7:30 a.m.	1K Start
7:35 a.m.	5K Start
7:40 a.m.	2.5K Start

(Race start times are approximate)

About Siesta Key: A gorgeous barrier island adjacent to Sarasota, Siesta Key Beach is considered one of the most beautiful beaches in the United States. Providing world class dining and shopping along with outstanding accommodations. Bring your family and friends to enjoy a great race and a special weekend.

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USMS & USA Swimming Races Offered:

1K	walk to start	1 length course	beach finish
2.5K	beach start	1 loop course	beach finish
5K	beach start	2 loop course	beach finish

TROPICAL SPLASH OPEN WATER COURSE FOR 2010

ADDITIONAL RACE DETAILS INFORMATION AND FACTS

- Water Temperature:** Expected to be 78-82 degrees.
- Safety:** The course will be protected by emergency personnel on watercraft. Medical staff will be on site. In case of inclement weather or unusually adverse surf conditions, an event committee composed of the event directors, referee, and a senior member of the YMCA may modify starting times or cancel events.
- Pre-Race:** The pre-race meeting will take place on the beach, adjacent to the entry area for the start, on Saturday morning at 7:20 a.m. **All participants must attend.**
- Equipment:** All participants will be provided with a **cap which must be worn during the race.** Wetsuits are not permitted. Support craft other than designated event craft are not permitted. Persons allergic to latex should plan to wear a silicone cap beneath their race cap.
- Check-In:** Check-In will take place at the Siesta Key Pavilion immediately prior to the pre-race meeting. Racing chips will be issued to all competitors.
- Rules:** Current 2010 U.S. Masters Swimming rules will govern the meet. All distances will be swum "Open." Final results will be posted by age group.
- Eligibility:** The race is open to all athlete members of U.S. Masters Swimming and USA Swimming. One-time event forms must be completed by anyone not currently registered with U.S. Masters Swimming.
- Time Limit:** **Maximum time permitted to complete the race is 2 ½ hours.** Swimmers still in the water after 2 ½ hours will be notified the race is over and they need to leave the water. Results will show their time as "Incomplete."
- Age:** The age of the swimmer on the day of the swim will determine the age group.

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Entries: Online entries will be accepted until Thursday September 30, 2010. Race day entries will be allowed at the Check-in/Registration Pavilion. **A copy of your USMS or USA swimming card is required.** Only the first 100 entries are guaranteed a race t-shirt unless received prior to the early registration deadline. Early registration entry deadline is Friday, September 17, 2010.

Entries will be accepted by Club Assistant at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1290&smid=2532

Registration Fees:

- **Early** – \$30 (up to 9/17/10) includes post race snack and limited edition t-shirt
- **Late** – \$40 (9/18/10 to midnight 9/30/10) includes post race snack and t-shirt if still available
- **Race-Day** – \$50 (up to 7:10am 10/2/10) includes post race snack and t-shirt if still available

Scoring: No team scores will be kept.

Awards: 1st, 2nd, and 3rd in all age groups in each race distance
Overall male and female winner for each race distance

Awards Presentation: Siesta Key beach gazebo located near the finish line. Post race food and beverages provided.

Race Referees: **Bill Wall, Mark Davis**

Race Marshall: John Bruenning

Directions: Interstate 75 to Sarasota exit #205 (Clark Road). Take Clark Road west approximately six miles. You will cross US 41 and continue across the bridge. Stay right after the bridge and take a right on Midnight Pass Road. Continue north on Midnight Pass Road to Siesta Key Beach. There is ample parking and registration is at the Beach Pavilion.



...LIVES ARE ENHANCED THROUGH AQUATIC
PHYSICAL CONDITIONING.~ USMS

...INSPIRING AND ENABLING OUR MEMBERS TO
ACHIEVE EXCELLENCE IN THE SPORT OF
SWIMMING AND IN LIFE.~ USA SWIMMING

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