



# **A**CROSS THE LANES

## NORTH CAROLINA LMSC

### NEWSLETTER 2016 – SUMMER/FALL



## A 1<sup>st</sup> time for me!

*Editor's Note*

Wow, what a busy and interesting summer! There were so many exciting swimming events, including the inaugural USA Masters Games in Greensboro, which had participations from many of you across North Carolina. Of course I competed in the swimming events at the USA Masters Games, which our NCMS team took 1<sup>st</sup> place, but then I also challenged myself to the Road Racing and the Triathlon on that same weekend.

That was a 1<sup>st</sup> time ever that I entered in a Triathlon! It was warm and challenging throughout that Sunday morning at Bryan Park's Lake Townsend. But I was determined to finish, Swim-Bike-Run; I completed the Triathlon! After scoring a nice medal and I sprinted back to the Greensboro Aquatic Center to finish up the weekend with more fun swimming in the pool.

Thanks to all of you who have welcoming me to NCMS and who have taken time to accept my (friend) request to swim relays. If any of you have any questions or would like to contribute to the next newsletter, please don't hesitate to contact me.



In this newsletter, you will find news and updates about:



- Chairman's Corner by Steve Weatherman
- Powerade State Games Swimming at Raleigh
- South Carolina LCM Meet at Greenville SC
- USA Masters Games Swimming at Greensboro
- Dixie Zone LCM Championships at Goldsboro
- 2016 Olympics Games in Rio de Janeiro Brazil
- USA Swim-Run with our vice-chair Kristen Jenó
- USMS Summer LCM Nationals in Gresham OR
- High Performance Camp at Greensboro
- Swim Across America at Cary
- NC-LMSC new social media links
- Upcoming Swimming Events...

# Chairman's Corner

*by Steve Weatherman*



It was an eventful summer for NC Masters Swimmers. The first ever USA Masters Games was held in Greensboro. The swim portion ran from July 21-24. Your North Carolina Masters Team won the combined team event. Unfortunately, due to high water temperatures the Open Water Swim scheduled for July 25th which was also designated the Dixie Zone Open Water Championship had to be cancelled. On August 6-7, 2016, the Goldsboro Masters held the Dixie Zone Long Course Championship. This was an awesome meet and was well represented by NC. Later in August once again an open water event had to be cancelled due to high water temperatures. The USMS 1-Mile & 5K Open Water Championship scheduled to be held in Lake Lure, N.C. was cancelled a few short weeks before the event. The 11th Annual Steve Barden Memorial Meet was held on September 10. The Kingsport Aquatic Center took the Women's title and the Asheville Masters Swimming prevailed in the Men. Swimming is not done for the fall with the 2016 Autumn SCM meet to be held in Charlotte on October 22-23 and the 2nd Annual SCY Masters Eastern Invitational being held in Greensboro on November 20, 2016.

Your Board of Directors had a busy September. North Carolina had a total of eleven people representing our LMSC at the USMS Convention held in Atlanta, Ga. From September 21-25, 2016. Board Members attending included **Kristen Jenó, Joanne Wainwright, Sonny Nguyen, Todd Torres, Trey Taylor, Celia Wolff and myself.** Others representing NC were **Greta van Meeteren, Hill Carrow, Don Gilchrist and Jerry Clark.** Two other members who were scheduled to attend but due to reasons beyond their control had to stay home. Please wish a speedy recovery to your LMSC Registrar **George Simon** who suffered a broken hip in a bike accident and Officials Chair **Tom Cox** who is recovering from open heart surgery.

Some very important items were voted on at convention, not all popular with the attendees. USMS Membership fee will increase for 2017 from \$39 to \$41, the club/workout group registration fee will increase from \$25 to \$41 (paid for by your LMSC) and a new fee for recognized pool events of \$100 will be charged to the LMSC. Also the open water guidelines as relating to water temperature were amended to hopefully ease water temperature restrictions.

**Don Gilchrist**, long time NC LMSC Board member and member of the USMS Championship Committee, was awarded the 2016 National Championships Meet Award. Don was recognized for his contributions to national championship meets through his service on the Championship Committee and his serving as Co Meet Director for both the 2012 and 2016 USMS Short Course Yards Championships held in Greensboro, NC. Congratulations to Don for this well-deserved award.

I was also fortunate enough to receive a 2016 USMS Dorothy Donnelly Service Award. I was extremely surprised and humbled by this award.

Your LMSC Board approved two new major initiatives this week. The Board has approved the development of a new logo brand for the NC LMSC. Once developed will be used on our website and on all social media pages. The Board also approved a new policy to promote social events at NC swim meets. Any meet holding a designated social can receive \$5 per swimmer signed up for a social event up to \$500. If you are not holding a "designated social" but perhaps a pizza party after your meet the \$5 per swimmer entered in the meet up to \$500 still applies. All meet directors will be notified of this policy and if interested should contact me or any member of the NC LMSC Board of Directors.

# South Carolina LCM Championships, June 17-19, Greenville SC

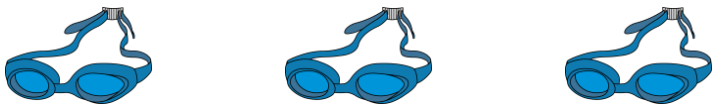


800m LCM Free Relay - NCMS State Record:  
**Scott Dallamura, Jamie Miller, Sonny Nguyen, and Evan Ekman**



**Evan Ekman**  
 and his high-point award

Also swimming at the meet for NCMS  
 (not pictured): **Scott TenBroeck, John Moore, and Charles Campbell.**



## Powerade State Games Swimming June 18-19, Raleigh NC

*Photos by Heather Frees*

Congratulations to all NC Master Swimmers competing at the 2016 Powerade State Games Swim Meet at Pullen Aquatic Center in Raleigh: **Mary Jo Agner, Heather Frees, Patricia Hogan, Catherine Old, Jiang Zheng, Richard Wells and Douglas Bailey.**



# USA Masters Games Swimming, July 21-25, Greensboro NC

*Photos from social media*



As part of the inaugural USA Masters Games, the swimming competition was held on July 21-24 at the Greensboro Aquatic Center. North Carolina Masters Swimming won the combined team event. Swimmers were able to compete in rarely contested pool events, such as 25m of all strokes and 100m relays, while taking home many cool medals.

The Open Water competition, which also selected as the Dixie Zone Open Water Championship, was scheduled for July 25<sup>th</sup>; but due to high water temperatures at Lake Townsend in nearby Browns Summit, the open water event had to be cancelled.



# USA Masters Games Swimming, July 21-25, Greensboro NC

[usamastersgames.com](http://usamastersgames.com)

Congratulations to Malcolm "Mal" Osborn '52 of Winston-Salem, NC, who placed first in three events (25- and 50-meter freestyle and a 100-meter medley relay) at the U.S. Masters Swim competition on July 23! Malcolm is 89, and still has his UMaine letter jacket from when he ran cross-country and track. #UMaine #BlackBears



Overall the 2016 USA Masters Games, which took place on July 21-31, had over 2,500 registered participants in 24 sports. Athletes aged 21 to 91, traveled from 10 countries on 6 continents and 45 states, were treated to exciting Opening and Closing Ceremonies, a Health and Fitness Expo, and live entertainment daily. There were 11 World Records, 15 American Records, and 43 State Records set.

Special thanks to one of our NC masters swimmers **Hill Carrow** (CEO of USA Masters Games) for this awesome experience. We look forward to 2018 USA Masters Games in San Diego, California!



# Dixie Zone LCM Championships, August 6-7, Goldsboro NC

Hosted by the Goldsboro Family YMCA, the 2016 Dixie Zone LCM Championship Meet was held on August 6-7, with awesome swimming by our NCMS to achieve long-course swim times and set many state records.



## NC Masters LCM new records set at this meet:

Andrew Avery = **400 IM & 800 Free**  
Alis Rojas Woodard = **50 Free**  
Nancy Whelchel = **400 IM & 1500 Free**  
Norman Macartney = **1500 Free**



### **400 Medley Relays:**

Alis Rojas Woodard, Chantal Woodard, Mary Dore, and Nancy Whelchel  
Chantal Woodard, Sonny Nguyen, Scott Dallamura, and Heather Drury  
Nancy Whelchel, John Bagot, Earl Anderson, and Kara Hefner  
Erika Braun, Van Fletcher, Todd Torres, and Kerry Lindauer



### **400 Free Relays:**

Nancy Whelchel, John Bagot, Earl Anderson, and Kara Hefner  
Van Fletcher, Todd Torres, Erika Braun, and Kerry Lindauer

### **800 Free Relays:**

Scott Dallamura, Richard Grey, Earl Anderson, and David Dunson  
Erika Braun, Louis Dudley, Kerry Lindauer, and Van Fletcher



# 2016 Summer Olympics Games in Rio de Janeiro, Brazil

[usaswimming.org](http://usaswimming.org)

What a great 2016 Olympic this has been for USA Swimming! Team USA won 16 Olympic gold medals in Rio and 33 total medals, including at least one in 29 of 32 events! No fewer than 38 of its 45 swimmers won at least one medal, while 18 Americans went home with multiple medals.

We heard a lot about troubling issues leading up to the Rio Olympic Games. There were concerns about the water quality at the open water venue, budget cuts, crime and, of course, the Zika virus. These all ended up being non-issues and the people of Rio put on a spectacular Games.

## 2016 Rio Olympians with connection to NCMS:



**Katie Meili** earned a bronze medal for her performance in the 100m Breaststroke and a gold medal as part of the Women's 400m Medley Relay.

She trained with the SwimMAC Elite group in Charlotte and represented NCMS at our 2016 USMS Spring Nationals in Greensboro.



**Katie Meili and Lilly King (above) took bronze and gold**



## North Carolina sent a total of 7 U.S. Swimmers to the Rio Olympics:



- Kathleen Baker** – hometown: Winston-Salem
- Katie Meili** – club: SwimMAC Carolina
- Cammile Adams** – club: SwimMAC Carolina
- Anthony Ervin** – club: SwimMAC Carolina
- Jimmy Feigen** – club: SwimMAC Carolina
- Ryan Lochte** – club: SwimMAC Carolina
- Ryan Held** – club: NC State University

# 2016 SWIM-RUN Maine race, August 14<sup>th</sup>, Portland ME

*Contributed by Kristen Jenó*

**Kristen Jenó and Jenny Perrottet** traveled to the USA SwimRun Maine on Sunday 8/14/2016. There is something very satisfying about traveling from island to island by the combination of swimming and running. This was the first time for this event let alone this style of event in the USA. The birthplace of swimrun came from Sweden where the world championships are held of this adventurous style of racing. It's a team event where you swim with your shoes, run in your wetsuit, and you can wear fins and paddles if you wish.

Maine is beautiful and offered rocky shores, colder waters, and islands to play on. The race itself was sold out with 125 teams at the start line. There was a total of 3 miles of swimming and about 11 miles of running over 7 islands. It was foggy morning but that would clear off to sun and heat later in the race. Jenny (my team-mate) and I started at the front as we wanted to hang with the lead pack and of course do well. The gun went off and we took off. The swims were longer and the runs seemed



shorter. Most the swims averaged about 600m where wearing fins was more beneficial. The runs were shorter with the longest one being about 3.5 miles. We stayed 3rd and 4th (females' teams) most the race. The terrain was great, rocky shores, paved roads, some trail running, and dirt roads. The water was colder 57-61 degrees with some stronger currents between the islands, which made navigation a tad tricky. This was Jenny and I's second swimrun race together (our first was Otillo, the world champs in Sweden) and we managed 4th overall for the females and 17th overall out of all the teams (mixed, female, and male).



Overall, it was a great time and we absolutely love the sport of swimrun. The post-race celebration was fantastic with beer and lobster. Our 4 hours of racing flew by and we plan to go back for 2017! If you like swimming and run mixed with adventure this is a must try sport!

**Come to cheer on Kristen and Jenny – Sole Sista's Female Team #88 –  
2016 SwimRun NC event on October 30<sup>th</sup>  
Hanging Rock State Park  
Start/Finish will be at the Green Heron Ale House in Danbury NC.**



# USMS Summer LCM Nationals, August 17-21, Gresham OR

The 2016 U.S. Masters Swimming Spring National Championship was held August 17-21 at the Mt. Hood Community College Aquatic Center in Gresham, Oregon. Competition took place in an outdoor 8-lane, 50 meter pool, and an indoor 25-yard pool was available for warm-up and warm-down during the meet.



According to a publication on usms.org, it was a fast meet! Despite a couple days of oppressive heat at this outdoor pool, swimmers in Gresham set more than 55 individual and 14 relay USMS records, including 13 athletes broke 35 individual world records. Though the overwhelming majority of athletes at nationals came from neighboring states, some traveled great distances in order to call themselves national champions.

Dot Munger, 65, of North Carolina Masters was one of them, and she was rewarded for her cross-country trip with two world records in the 65-69 age group. Munger posted an 11:18.25 in the 800 free, shattering the previous world record of 11:31.53 set by Charlotte Davis last year. Munger returned to post a 5:27.73 in the 400 free, and she managed to claim the record by just six hundredths of a second. These swims marked Munger's first-ever FINA Masters world records, but she says records weren't on her mind when she took to the blocks in Gresham. "I just wanted to swim the races as well as I could," she says. "I wanted to negative split (my distance freestyle races), so the construction of a race is what interests me most." Munger also showed her diversity with national records in two breaststroke events. She swam a 41.93 in the 50 breast and 1:34.53 in the 100 breast. She recognizes the oddity of being a sprint breastroker and a distance freestyler, but shrugs it off saying, "that's the way it's always been."

**David Dunson** (below)



NCMS team relays (above): **Scott Dallamura, Erika Braun, Janice Campagna, and Evan Ekman**

Also representing NCMS at the 2016 USMS Summer Nationals (*not pictured*):  
**Anna Munger, Dot Munger, Peter Munger, and John Moore.**

# OTHER SUMMER EVENTS IN NORTH CAROLINA 2016

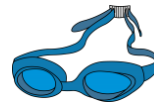
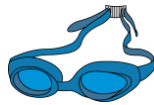
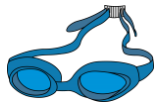


## Swim Across America, 7/10/2016, Cary NC

Thank you Erika Braun, Matt Patton, Elaine Breeden, Penrose Clark Hellmann, Chrissy Griego Cicuto, Sue Walsh, Todd Torres, Todd Dudley, Rob Butcher, Dan Young.

Donations were made to Dr. Brian Goldman's Mudpuppies Swim Across America event!

[www.swimacrossamerica.org/mudpuppies](http://www.swimacrossamerica.org/mudpuppies)



## 2016 High Performance Camp Aug 27 – Sep 1, Greensboro NC



Thank you Steve Weatherman, Nadine Day, Chris Campbell, and all the participants.

# 2016 NC-LMSC Officers

*Our LMSC is represented by officers from all corners of the state...*

Position	Officer & email	Town
LMSC Chair	<a href="#">Steve Weatherman</a>	Raleigh
Vice Chair	<a href="#">Kristen Jenó</a>	Wilmington
Secretary	<a href="#">Joanne Wainwright</a>	Greensboro
Treasurer	<a href="#">Jeff Murray</a>	Charlotte
Registrar and Webmaster	<a href="#">George Simon</a>	Raleigh
At large member - Coaches Chair	<a href="#">Trey Taylor</a>	Gastonia
At large member	<a href="#">Todd Torres</a>	Greenville
At large member	<a href="#">Celia Wolff</a>	Fort Bragg
Newsletter Editor- ex officio	<a href="#">Sonny Nguyen</a>	Mooreville
Records & Top 10 Chair - ex officio	<a href="#">Amy Waters</a>	Raleigh
Official's Chair - ex officio	<a href="#">Tom Cox</a>	Raleigh



## NC-LMSC New Social Media Links

*Thanks to Todd Torres*

**Facebook:**

<https://www.facebook.com/northcarolinamastersswimming>

**Twitter:**

<https://twitter.com/NCMastersSwim>

**Instagram:**

<https://www.instagram.com/ncmastersswimming>

**Please help get the word out by liking, following, tagging, tweeting,  
Our NC Masters Swimming social channels are open!**



## **MARK YOUR CALENDAR**

**upcoming swimming events:**

[www.ncmasters.org](http://www.ncmasters.org)  
[www.usms.org/comp](http://www.usms.org/comp)



October 22-23, 2016 Autumn Short Course Meet (SCM), Charlotte NC  
*Cancelled due to insufficient entries*

November 20, 2016 Eastern Invitational (SCY), Greensboro NC  
*Online Entries close on Wednesday 11/16/2016*

December 2-4, 2016 South Carolina (SCM) Championships, Columbia SC  
*Online Entries close on Saturday 11/26/2016*

December 16-18, 2016 Rowdy Gaines Masters Classic (SCM), Orlando FL  
*Online Entries close on Sunday 12/11/2016*

### **SWIM MEETS IN 2017:**

January 21-22, 2017 Sun Belt (SCY) Championships, Charlotte NC

Feb 10-12, 2017 South Carolina (SCY) Championships, N.Myrtle Beach SC

February 26, 2017 Frank Clark Swim Meet (SCY), UNC-Greensboro NC

March 11, 2017 Annual Wilmington Meet (SCY), Wilmington NC

April 8-9, 2017 Dixie Zone - North Carolina (SCY) Champs, Cary NC

April 27-30, 2017 USMS Spring Nationals (SCY), Riverside CA

Jun 30-July 2, 2017 Dixie Zone - South Carolina (LCM) Champs, Greenville SC

August 2-6, 2017 USMS Summer Nationals (LCM), Minneapolis MN

October 13-15, 2017 Dixie Zone - Rowdy Gaines Masters Classic (SCM), Orlando FL

**HAPPY SWIMMING**