


# *Across the Lanes*

## *LMSC for North Carolina's Newsletter*



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*From The Vice-President's Lane* by Jerry Clark

### **FUN TIME IN INDY**

Maybe one sensation about being at the Short Course National Championship stands out just a little bit more than others over the four day period. It is the feeling I had when I first got in the water on Wednesday after flying up, renting a car, getting in the hotel, etc.

I'd planned a loosening up swim in the afternoon, and when I got to the pool, there weren't many people there, and there were several empty lanes to choose from. Feet First is the rule, so I jumped in, got the goggles on, and

pushed off for my first of many lengths in what turned out to be the most user friendly pool I ever have been in or ever expect to be in.

The first thing I noticed was, of course, the bottom of the pool - uncomplicated, deep and, well, just easy to read. I came up to the surface well past the flags. Wow!, I thought, and in a few seemingly effortless strokes, there on the bottom was the perpendicular line indicating the upcoming bulkhead. Again, just neat, simple, and properly spaced out from the bulkhead.

My reaction - honest - was that the pool seemed to be maybe 23 yards long. Next thought: this bodes well for the upcoming days, so try to capture this feeling right now and hold it for at least tomorrow (when I was to swim the 1,000). An easy 500, then maybe 8 x 50 easy drills, then 2 x 25 easy builds, and I was out. The feeling was still there!

And lo, the next few days were great for me. What a wonderful place to be in a meet. Sally Newell said the same thing several times. Great starting blocks, great gutters, two great scoreboards, great bottom, great walls, great warm-up/down pools (check out the dark blue tiles on the bottom of the diving well), lots of bathrooms, hot water all day in the showers. Just go there when in Indy, or sign up for the next Masters meet there.

Guess what? The long course pools and facilities in Ft. Lauderdale are just about as good. Come on and sign up for that one, fill out the enclosed relay form (now), and send it to me. Lets see if we can't win first place as an NCMS team.



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### ***From The Registrar's Lane***

by George Simon

SWIM Magazine's May/June issue should be delivered to all of you having a registration number of 138-00514 or less. If you haven't received your copy by the time you read this newsletter, please inform me, either via phone or e-mail. NC's web site is <http://www.NCmaster.org> , my e-mail address is [NCregistrar@usms.org](mailto:NCregistrar@usms.org) , and my swimming phone number is (919)846-2423.

The **Consolidated Entry Card** for all swim meets (except open water) will be used in the future. The State Meet used the form but had already filled out the event number and the meet name. The generic entry form will require you to fill out the form, indicating the meet name, the number for the event you plan to swim, and personal information. Beginning with the 1999 renewals, several **Consolidated Entry Card** will be mailed to you along with your registration card. Please keep these blank entry forms, even if you don't plan to swim in a meet, because they will not be mailed separately or printed in the newsletter (hope-fully you will change your mind and swim in a meet).

A generic form is included in this Newsletter (*it is on the website, as [Entry Card](#) and not reproduced in the on-line version of the newsletter*). Please reproduce a few copies and use them when entering the described Raleigh and Hendersonville meets.

The North Carolina Masters Swimming web site is getting a lot of attention. Approximately 1500 people have viewed the site since October 1997. However, since my article in the last issue of *Across the Lanes*, only two teams have requested changes to add information to their specific web page. A good opportunity to sell your team's programs, keep your members informed, and boost membership in Masters Swimming is being missed. The NC web site has information about each NC team, swim meet information, including entry forms for all NC

meets, neighboring state swim meets, a list of all team members in the state, the stroke and turns rules, Across the Lanes articles dating back to 1996, NC swimmer's records, and the results of the 1998 State Meet.



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### ***From The Secretary's Lane***

by Jeannie Mitchell

## **LMSC-NC MEETING HIGHLIGHTS**

**APRIL 18, 1998**

The spring meeting of the LMSC-NC was called to order by Don Gilchrist, president, following the last event of the meet on Saturday, April 18. Other officers present were Jerry Clark, Chuck Irwin, Jeannie Mitchell, and George Simon. Eight teams were represented in person. Two teams were represented by proxy. Eight other teams were not represented. The minutes of the January 1998 meeting were reviewed and approved as written.

The treasurer's report showed a net increase of \$1017.11 for the first quarter of 1998. A budget review committee was established to look at the proposed 1999 budget. The committee will examine the proposed revenue from fees versus the estimated costs. Their conclusions will determine if the LMSC fees for 1999 can remain the same or if they need to be increased.

The registrar reported a total of 527 registered NC swimmers. This figure is only five less than at this same time last year.

As each team rep perused their team's updated membership list, the discussion turned to membership activity. Most reps commented that only about half of those registered show up regularly for workouts. Other members work out on their own or with USS teams. Many registrants are triathletes who are interested in meet information gleaned from the available newsletters. (On the subject of team newsletters, George volunteered his services to provide team address labels for any team needing them. RAM uses these labels for mailings of the RAM newsletter, notices of upcoming clinics, practice changes, etc.)

A bevy of swim clinics are in the planning stage for the summer and fall. Krista Phillips will host one at a new YMCA sometime after July 15th. A seminar in Wilmington is being planned. Scott Rabalais is planning a mid-September clinic in Virginia. Don Easterling, the former NC State swim coach, is available to teach clinics at a very reasonable price. Don and Ceil will be contacting him for a session in Raleigh. USMS will provide \$500 in grant money for qualifying clinics. So contact your pool, apply for the grant money, and call Don Easterling. Let's get YOUR community interested in Masters Swimming!

George Simon, registrar, is using a new program that incorporates e-mail addresses. Corresponding with LMSC members by e-mail rather than regular mail is faster and more cost effective. Those of you with e-mail addresses, please notify George. (His e-mail address is listed with the officers in this publication.)

The LMSC-NC delegates to the USMS National Convention will be (tentatively) George Simon and Don Gilchrist with Jerry Clark as an alternate. The Convention will be held in Cincinnati Sept. 30 - Oct. 4. Anyone else who would like to go, please contact Ceil Blackwell for the details.



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## NC MASTERS SWIMMING

### T-SHIRTS

Orders for the ash gray T-shirts may be placed with Krista Phillips. Please make your check out to LMSC for NC and mail to Krista Phillips, 9408 Hester Rd., Hurdle Mills, NC 27541. Prices include shipping/handling charges: L-XL \$11.00, XXL \$13.00 (remember to include your size along with your name/address/zip code and phone number).



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#### **Swimmer Profile: MARIE HEIKKINEN** by Ceil Blackwell

Amazing! At age 86, Marie Heikkinen was 12 years older than the next youngest competitor at the North Carolina Masters Short Course Championships held in Raleigh April 18 & 19. People find it hard to believe her age because Marie looks and acts at least 20 years younger than her actual age. Marie points out that there are swimmers in the 95 to 100 year-old range at some of the national meets, so she think she has many years yet to be a competitive swimmer.

Marie is 4 feet 11 inches tall and has never weighed more than 100 pounds in her entire life. She started swimming when she was in high school in Virginia, MN. She stopped swimming when she graduated from high school in 1930. In 1939 she married Sulo Heikkinen and became an Army wife. While stationed in Europe, the Heikkinens adopted their daughter, Barbara. For over 30 years, Marie was just too busy to go swimming. She began swimming after moving to Fayetteville in 1962 when she started going to the YMCA. However, at that time she swam mainly to relax. One day the coach for the YMCA junior team asked Marie to swim with his team. The oldest swimmer on the team was 12 years old! This was the first time since high school that Marie had gotten any coaching.

Marie and her husband, Sulo, later joined United States Master swimming as members of a team in Fayetteville. She swam her first official meet in 1975 at the age of 63. Later the Fayetteville team folded, and the Heikkinens became members of the Raleigh Area Masters team.

Marie doesn't have a set workout. She just swims until she feels she has had enough. She says she loves swimming because when she's in the water she is without thoughts, worries and problems.

In that past few years, Marie has been unable to participate in as many meets as she would like due to her husband's health problems. With the exception of some problems with cataracts and with her hearing, Marie herself enjoys very good health.

Having ranked among the national Top Ten of Masters every year since 1981, Marie also holds numerous North Carolina Masters state records. She has earned so many trophies and ribbons that she doesn't know what to do with them. She keeps them in a shoebox and has given some of her medals to her two grandchildren.

Marie is such an inspiration to younger swimmers. Her fellow Masters swimmers hope that she continues to swim and to provide that inspiration for many years to come.

*In order to save down load time (it takes a minute to download), Marie's photograph was not included in the text, click [here](#) to view, then use your browsers "back" button to return.*



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## PERFORMANCE APTITUDES AND ATTITUDES

### Got a Case of the Nerves? Great!

By CJ Lockman Hall

Nervousness. Even the word can hasten heartbeats, dampen palms, shorten breaths, and set aflutter butterflies in stomachs. Olympic swimmers and first-timers alike experience nervousness. Many successful athletes consider nervousness desirable, expressing concern if they don't feel nervous!

Feelings of nervousness are actually signals telling us that we care about an upcoming event, and that our bodies are busy with preparations for a good performance. It's not the nervousness that overpowers us, but what we mentally attach to the physical feelings that can have an adverse affect on our performance. Read on to find out how to welcome nervousness and use it to your advantage for a positive performance.

#### **You can say ...**

Carry on a conversation with yourself, or with your nervousness: "Hey, great, nervousness has arrived! This means that all systems are aware of this special occasion and are now testing for blast-off. Nothing could be finer!"

Create your own script. Accepting what is there and reshaping it into a positive can be a marvelously relaxing and energizing strategy.

#### **You can picture ...**

A great example of using imagery with nervousness occurred at the recent World Championships in Perth, Australia. Newcomer (an eventual 100 breaststroke champion) Kristy Kowal credited teammate Sheila Taormina with helping her quell a jumpy stomach by suggesting that she picture the feelings as birds in a "V". Besides being a soothing image (and something to take your mind off of your negative focus on your nervousness), the "V" pattern is a tremendously useful design; it reduces the workload and increases speed for each bird: when the head bird tires, it can find relief flying in the midst of the pack; the birds in the back cheer on the head birds to maintain speed; and if one bird falters, others stick by it, no questions asked. Now isn't that an encouraging picture to keep on your mental videotape?

#### **You can feel ...**

Imagine that the locations of your shakes and quakes are powerful centers of energy, waiting to unleash strength and speed in just the right amounts at just the right times. With this perception, you might actually welcome big-time nervousness!

#### **You can do ...**

Deep, controlled breaths do wonders for regulating the mind and body. Take your time with some relaxed, measured breaths to clear out your mental and physical pathways.

So next time you feel nervousness knocking on your door, pick a plan and then answer the door, fully prepared for your wonderful company!

CJ Lockman Hall, M.A. is president of Positive Performance, a sport performance consulting company. She swims with the Montgomery Ancient Mariners, in Bethesda, MD and has had many dates with nervousness. (301) 309-3688 or [micandcj@erols.com](mailto:micanhcj@erols.com)



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## NC MASTERS SHORT COURSE YARDS CHAMPIONSHIPS

Over 125 Masters swimmers from five states participated in the 1998 Raleigh Area Masters-hosted meet. In this "tune-up" for the May 98 USMS SCY Nationals, the swimmers represented twenty teams as well as the unattached category.

### STATE MEET TEAM SCORES

RAM Raleigh Area Masters	1744	TGM Team Greenville	111
NCAM North Carolina Aquatic Masters	1322	DAMA Durham Aquatic Masters	103
CSM Charlotte Swim Masters	605	WMSC Wilson Masters Swim Club	86
VMST Virtinia Masters	349	MMM	70
SCMM Sports Center Morehead Masters	287	NCMS NC Masters Swim Team	64
WYM Wilmington YMCA Masters	241	PAC Pinehurst Aquatic Club	49
GCAM Gamecock Aquatic Masters	144	GOLD Gold Coast Mastes	45
MARY Maryland Masters	134	HHAC Hilton Head Aquatic Club	25
TMS Triad Masters Swimming	116	PLAN Plantation Masters	19
RACY Rowan Aquatic Club Y Masters	113	PEAK PEAK Masters	9



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## TEAM SPOTLIGHT ON: Raleigh Area Masters

The Raleigh Area Masters will be hosting a long course meet this summer at the Pullen Aquatic Center, on August 8, 1998. This will only be a one-day meet this year. If attendance is good, a two-day meet may be considered for next summer.

RAM's coaches have held several stroke clinics this winter, covering each of the four strokes, starts, turns and finishes. The clinics have been held during the Saturday morning practice time with a normal workout offered as well as the clinic. Attendance at these clinics has been good and our head coach Sue Haugh is in the process of scheduling more clinics for this spring and summer.

RAM added a group of Y Masters swimmers to its ranks this past January. The Capital Area Y.M.C.A. began a masters swimming program last fall. An added benefit offered to the Y swimmers was membership in RAM. Swimmers from this group have participated in the Greensboro and Raleigh meets this spring.



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### RELAYS FOR YMCA NATIONALS

If you swam in the Y Nationals in April, your individual swim times have been submitted directly to the USMS Top Ten chairperson. However, if you swam on a relay, those times have not been submitted. Please contact Ceil Blackwell immediately to give her information about your relays at Y Nationals if you wish for the relay times to be sent in for Top Ten consideration. Ceil's address is 4305 John Rencher Wynd, Raleigh, NC 27612 (919) 787-8324 e-mail [ceilb@aol.com](mailto:ceilb@aol.com).



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### CORRECT MEET RESULTS CRITICAL

By Ceil Blackwell, Top Ten Chair

When you participate in a meet and notice any type of error in someone's time – your own or someone else's, please notify the meet director immediately. Records and Top Ten ranking for the nation, our zone and our state are based on meet results. Last fall, an error in meet results from the Hillsborough meet incorrectly placed a swimmer 1<sup>st</sup> in the nation in an event. The error was not discovered until after the USMS Top Ten results had been printed. Your help will be greatly appreciated.



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## USMS 1997 NATIONAL SHORT COURSE METERS TOP TEN

-from Ceil Blackwell, NC Top Ten Chairperson

Listed below are North Carolina swimmers who were ranked among the USMS TOP TEN for the 1997 short course meters season. If your name or an event has been omitted from the following list, please contact Ceil Blackwell (919) 787-8324; 4305 John Rencher Wynd, Raleigh NC 27612 or e-mail [ceilb@aol.com](mailto:ceilb@aol.com). Also, please note that copies of USMS Top Ten and Records are available from the USMS National Office, 261 High Range Road, Londonderry, NH 03053. A year's subscription is \$15 for 3 issues (sc yards, sc meters and lc meters). Back issues are also available for \$7 each.

Special congratulations to NC swimmers Heather Hageman, Sally Newell, John Kortheuer and Boyd Campbell who placed 1<sup>st</sup> in the nation for their respective age groups in one or more events.

### WOMEN

25-29	Heather Hageman	1 <sup>st</sup> 50m free (26.63); 1st 100m free (1:00.35); 4 <sup>th</sup> 50m back & 50m fly
	Patricia Hogan	9 <sup>th</sup> 200m back
45-49	Sandra Cathey	6 <sup>th</sup> -200m fly; 10 <sup>th</sup> 400m IM
	Joan Magat	10 <sup>th</sup> 800m free
50-54	Jeannie Mitchell	2 <sup>nd</sup> 100m back; 3 <sup>rd</sup> 50m back; 4 <sup>th</sup> 100m IM; 5 <sup>th</sup> 200m back, 7 <sup>th</sup> 400m free, 8 <sup>th</sup> 50m fly
55-59	Ceil Blackwell	4 <sup>th</sup> 100m IM; 5 <sup>th</sup> 50m free; 5 <sup>th</sup> 50m back 5 <sup>th</sup> 100m back; 7 <sup>th</sup> 100m free
	Alice Jones	8 <sup>th</sup> 50m fly; 9 <sup>th</sup> 50m breast; 9 <sup>th</sup> 100m IM
	Barbara Seaton	8 <sup>th</sup> 50m free
60-64	Sally Newell	1 <sup>st</sup> 50m breast (45.43), 1 <sup>st</sup> 100m breast (1:41.02), 1 <sup>st</sup> 200m breast (3:39.73) 7 <sup>th</sup> -50m free; 8 <sup>th</sup> 100m free; 8 <sup>th</sup> 100m IM

### MEN

19-24	Craig Roberts	8 <sup>th</sup> 200m IM; 9 <sup>th</sup> 200m free
25-29	Andrew Farrell	8 <sup>th</sup> 200m free; 8 <sup>th</sup> 50m back; 9 <sup>th</sup> 50m fly;
35-39	Doug Asbury	5 <sup>th</sup> 400m free
	Jonathan Klein	10 <sup>th</sup> 100m back
	Russell Kretz	8 <sup>th</sup> 50m breast; 9 <sup>th</sup> 100m breast
	Jim McFarland	10 <sup>th</sup> 400m free
45-49	Terrence Lee	8 <sup>th</sup> 800m free; 8 <sup>th</sup> 400m IM
50-54	John Lawrance	2 <sup>nd</sup> 400m free; 5 <sup>th</sup> 200m back
55-59	Rolffs Pinkerton	9 <sup>th</sup> 200m back; 10 <sup>th</sup> 50m free
	Lou Gadol	7 <sup>th</sup> 100m breast; 9 <sup>th</sup> 100m IM
60-64	Jerry Clark	2 <sup>nd</sup> 100m free; 2 <sup>nd</sup> 100m free; 2 <sup>nd</sup> 200m free; 3 <sup>rd</sup> 50m free
	Milton Gee	3 <sup>rd</sup> 50m breast; 7 <sup>th</sup> 100m breast
65-69	John Kortheuer	1 <sup>st</sup> 50m breast; 1 <sup>st</sup> 100m breast; 3 <sup>rd</sup> 100m fly; 4 <sup>th</sup> 50m fly; 9 <sup>th</sup> 50m free
	Dick Webber	9 <sup>th</sup> 50m fly; 10 <sup>th</sup> 50m free



70-74	Vester Boone	8 <sup>th</sup> 800m free; 8 <sup>th</sup> 1500m free
	Arnie Formo	3 <sup>rd</sup> 100m breast; 6 <sup>th</sup> 50m breast
85-89	Boyd Campbell	1 <sup>st</sup> 400m free; 3 <sup>rd</sup> 50m free; 3 <sup>rd</sup> 100m free; 3 <sup>rd</sup> 200m free 4 <sup>th</sup> 100m back; 5 <sup>th</sup> 50m back
	Harold Hoffman	5 <sup>th</sup> 100m free; 6 <sup>th</sup> 50m free

## North Carolina Masters Top Ten Relays

### Women's

160+ 200m Medley 6<sup>th</sup> (Sharon Barrell, Alice Jones, Lorraine Woods, Ceil Blackwell)

### Men's

280+ 200m Free 6<sup>th</sup> (Harold Hoffman, Boyd Campbell, Milton Gee, Dick Webber)

### Mixed

120+ 200m Free 6<sup>th</sup> (Heather Hagemen, Mary Sansbury, Andrew Kurtzman, Edward Saurez)

## RELAY ALL AMERICANS

Congratulations to Jerry Clark, John Kortheuer, Jeannie Mitchell, Sally Newell, Rolffs Pinkerton, and Dick Webber for being named Relay All Americans for 1997. This honor is achieved by being on a relay that places 1<sup>st</sup> in the nation for short course yards, short course meters or long course meters.



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## NC SWIMMERS EARN 3<sup>RD</sup> PLACE AT SHORT COURSE NATIONALS

The twenty of us who attended the Short Course National Championships in Indianapolis May 7-10 finished third in the small teams (less than 22 people) division, just slightly behind St. Pete Masters. Everyone swam well, with many personal records being attained, and undoubtedly many state records were broken as well. Congratulations to our first place winners Bruce Mallette (5), Sally Newell (3), John Kortheuer (3), Clarke Mitchell (3), and Heather Hageman (1). Getting to know each other better was certainly one of the highlights of the trip; we all pulled for each other, and we mixed and matched as best we could for the relay events (we sure could have used one more male 65 or over). We're all enthusiastic about the upcoming long course nationals in Ft. Lauderdale -- lets make a run at the team championship by training hard (and smart), getting some friends to go, committing to a relay each day and focusing on Aug 20 -23 to go fast! It's fun. Jerry Clark

Age Group	Name	Place / Events
<b>Women</b>		
25 - 29	Heather Hageman	1 <sup>st</sup> 50 Free (23.81); 2 <sup>nd</sup> 100 Free; 2 <sup>nd</sup> Fly; 16 <sup>th</sup> 50 Breast
35 - 39	Karin Deck	21 <sup>st</sup> 50 Fly; 21 <sup>st</sup> 500 Free; 21 <sup>st</sup> 100 IM
45 - 49	Mary Sansbury	12 <sup>th</sup> 50 Breast; 18 <sup>th</sup> 200 Free; 20 <sup>th</sup> 50 Free; 18 <sup>th</sup> 100 Breast; 26 <sup>th</sup> 100 IM;

		21 <sup>st</sup> 100 Free
50 – 54	Jeannie Mitchell	8 <sup>th</sup> 50 Breast; 3 <sup>rd</sup> 100 Back; 3 <sup>rd</sup> 200 Back; 8 <sup>th</sup> 50 Free; 4 <sup>th</sup> 100 IM; 2 <sup>nd</sup> 50 Back
60 – 64	Sandra Kremer	5 <sup>th</sup> 50 Breast; 6 <sup>th</sup> 200 Free; 5 <sup>th</sup> 100 Breast; 3 <sup>rd</sup> 500 Free; 5 <sup>th</sup> 200 Breast
	Sally Newell	<b>1st</b> 50 Breast (39.37); <b>1st</b> 100 Breast(1:27.68); <b>1st</b> 200 Breast (3:20.38); 4 <sup>th</sup> 200 Free; 3 <sup>rd</sup> 50 Free; 3 <sup>rd</sup> 100 Free
	Barbara Seaton	6 <sup>th</sup> 50 Breast; 9 <sup>th</sup> 100 Back; 8 <sup>th</sup> 50 Free; 7 <sup>th</sup> 100 Breast; 5 <sup>th</sup> 100 Free; 5 <sup>th</sup> 50 Back
<b>Men</b>		
25 - 29	Grant Johnston	17 <sup>th</sup> 100 Fly; 11 <sup>th</sup> 100 Back; 14 <sup>th</sup> 200 IM; 13 <sup>th</sup> 50 Fly; 14 <sup>th</sup> 100 IM
40 – 45	Thomas Davis	3 <sup>rd</sup> 100 Back; 13 <sup>th</sup> 200 Free; 3 <sup>rd</sup> 200 Back; 16 <sup>th</sup> 100 Free; 6 <sup>th</sup> 50 Back
	Alan Godfrey	18 <sup>th</sup> 100 Fly; 8 <sup>th</sup> 100 Back; 12 <sup>th</sup> 200 Free; 6 <sup>th</sup> 200 Back; 10 <sup>th</sup> 200 IM; 12 <sup>th</sup> 100 IM
	Johnathan Klein	6 <sup>th</sup> 100 Back; 11 <sup>th</sup> 200 Free; 7 <sup>th</sup> 200 Back; 20 <sup>th</sup> 50 Free; 15 <sup>th</sup> 100 Free; 9 <sup>th</sup> 50 Back
45 – 49	Terrence Lee	4 <sup>th</sup> 1650 Free; 5 <sup>th</sup> 50 Breast; 12 <sup>th</sup> 400 IM; 7 <sup>th</sup> 100 Breast; 12 <sup>th</sup> 100 IM; 10 <sup>th</sup> 200 Breast
	Bruce Mallette	<b>1st</b> 400 IM (4:32.35); <b>1st</b> 200 IM (2:03.53); <b>1st</b> 50 Fly(24.37); <b>1st</b> 100 IM (56.93); <b>1st</b> 200 Breast (2:21.27); 3 <sup>rd</sup> 100 Fly
	Charles Van Der Horst	25 <sup>th</sup> 100 Fly; 35 <sup>th</sup> 200 Free; 34 <sup>th</sup> 50 Free; 30 <sup>th</sup> 50 Fly; 28 <sup>th</sup> 100 Free; 17 <sup>th</sup> 500 Free
55 – 59	Rolffs Pinkerton	4 <sup>th</sup> 100 Back; 6 <sup>th</sup> 200 Back; 14 <sup>th</sup> 50 Free; 14 <sup>th</sup> 100 Free; 4 <sup>th</sup> 50 Back
60 – 64	Jerry Clark	2 <sup>nd</sup> 1000 Free; 7 <sup>th</sup> 50 Breast; 4 <sup>th</sup> 200 Free; 3 <sup>rd</sup> 50 Free; 2 <sup>nd</sup> 100 Free; 4 <sup>th</sup> 500 Free
	Milton Gee	2 <sup>nd</sup> 50 Breast; 16 <sup>th</sup> 50 Free; 5 <sup>th</sup> 100 Breast; 6 <sup>th</sup> 100 IM; 7 <sup>th</sup> 200 Breast
65 – 69	John Korthauer	<b>1st</b> 50 Breast (33.31); <b>1st</b> 100 Breast (1:14.88); <b>1st</b> 200 Breast(2:50.98); 4 <sup>th</sup> 50 Free; 2 <sup>nd</sup> 50 Fly; 2 <sup>nd</sup> 100 IM
	Clarke Mitchell	<b>1st</b> 50 Back (32.54); <b>1st</b> 200 Back (2:44.22); 3 <sup>rd</sup> 100 Fly; 2 <sup>nd</sup> 100 Back; 3 <sup>rd</sup> 50 Fly; 4 <sup>th</sup> 100 IM
70 – 74	John Murphy	5 <sup>th</sup> 100 Back; 7 <sup>th</sup> 50 Free; 5 <sup>th</sup> 100 Free; 4 <sup>th</sup> 50 Back

## NORTH CAROLINA RELAY TEAMS' RESULTS

Event	Place / Time / Team Members
<b>Womens</b>	
25+ 200 Medley	16 <sup>th</sup> / 2:12.65 / Hageman, Deck, Sansbury, Mitchell
<b>Mens</b>	
25+ 200 Medley	19 <sup>th</sup> / 1:52.28 / Godfrey, Johnston, Gee, Klein
35+ 200 Medley	12 <sup>th</sup> / 1:45.27 / Klein, Mallette, Godfrey, Davis
55+ 200 Medley	4 <sup>th</sup> / 2:03.08 / Clark, Mitchell, Korthauer, Pinkerton
45+ 200 Free	15 <sup>th</sup> / 1:50.76 / Gee, Van Der Horst, Murphy, Mallette

55+ 200 Free 3<sup>rd</sup> / 1:47.34 / Mitchell, Clark, Kortheuer, Pinkerton

**Mixed**

35+ 200 Free 16<sup>th</sup> / 1:45.43 / Sansbury, Deck, Godfrey, Davis

55+ 200 Free 3<sup>rd</sup> / 2:02.14 / Pinkerton, Newell, Kremer, Clark

25+ 200 Medley 22<sup>nd</sup> / 1:52.52 / Hageman, Deck, Johnston, Klein

45+ 200 Medley 18<sup>th</sup> / 2:13.06 / Kremer, Mallette, Newell, Van Der Horst

55+ 200 Medley 3<sup>rd</sup> / 1:47.34 / Mitchell, Clark, Kortheuer, Pinkerton



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## WORKING OUT

### SPRING WORK-OUT by Heather Hageman

Heather's Spring Workout is really a clarification of her Winter Workout. The change is in the Main Set. Instead of swimming six 100's on the interval followed by six 50's on the same interval, each 100 is followed by a 50 on the interval. The difference in the order results in a more challenging workout.

(\* Master's Rule: Swimmers may add/deduct yardage and change strokes/intervals as needed/desired to make their work-outs more fun/challenging.)

**WARM-UP:** 100 swim  
6x  
50 kick choice

**PRE-MAIN:** 12 x 50 kick IM order on 1:00 or 1:10 or 1:20  
5 x 100 pull (75 free / 25 stroke) with :10 rest  
100 free for time (strong, 90-95% effort); remember your time  
50 easy

**MAIN SET:** 100 free on interval time of the 100 time taken above plus 10 seconds  
6x  
50 free on same interval as the 100  
For example, if you did 1:30 above add 10 seconds to that, making your interval time for the 100's 1:40. The interval time for the 50's is also 1:40. The 100's are hard effort, and the 50's are easy.

**WARM-DOWN:** 8 x 75 swim/drill/swim by 25's. on 1:20 or 1:30 or 1:40

**TOTAL:** 3,500 yards



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**UPCOMING 1998 SWIM MEETS**

June 27/28	Greenville, SC	Dixie Zone LC Champs	Contact: Jim Keogh (864) 220-0209
August 2	Prince Georges County, MD	DC Masters 13th LCM Meet	Jeanne Grillo (301) 983-1064
August 8	Raleigh, NC	RAM LC Invitational	Tim Sexauer (919) 266-6315
Aug. 20-23	Ft. Lauderdale	USMS LC Champs	Stu Marvin (954) 468-1582
Sept. 12/13	Hendersonville, NC	Smoky Mt. Meet	Sandra Kremer (704) 891-5053
Oct. 10/11	Orlando, FL	Dixie Zone SCM Champs	
Oct 17	Hillsborough, NC	SCM Meet	Krista Phillips (919) 732-3818 / Entry form available late July
Nov. 7/8	Anderson, SC	SCM Meet	Contact: Steve Wycoff (864)260-5170



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**NORTH CAROLINA MASTERS RELAY TEAMS**

FOR THE

LONG COURSE NATIONAL CHAMPIONSHIPS

August 20-23, 1998

Ft. Lauderdale, Florida

(see May/June 98 issue SWIM MAGAZINE for details)

Circle events you are willing to swim:

Thur-200 Mixed Medley Fri-200 Medley Sat-200 Free Sun-200 Mixed Free

List best time for strokes you are willing to swim - more than one, if possible, as you may be needed in something other than your primary stroke.

50 Back \_\_\_\_\_ 50 Breast \_\_\_\_\_ 50 Fly \_\_\_\_\_ 50 Free \_\_\_\_\_

**Please Print Clearly:**

Name: \_\_\_\_\_ Age as of 8/23 \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephones: Home \_\_\_\_\_ Office \_\_\_\_\_

E-mail: \_\_\_\_\_

Please return to Jerry Clark, 3107 Cloverfield Road, Charlotte, NC 28211 (E-mail: [jclark3107@aol.com](mailto:jclark3107@aol.com)). Thank you for returning this form to me at the same time you send your Official Entry Form (from SWIM Magazine into the Nationals. Please feel committed to swim in any event(s) you circle.



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Return to Masters Swimming in North Carolina [home page](#).

Date: 6/13/98

<http://www.NCmasters.org/atljune98.html>