



Across The Lanes



USMS CONVENTION ISSUE

(George, Hill, Jerry and Jim Do Dallas)



THE CHAIRMAN'S LANE

by Fritz Lehman

In Appreciation

It's that time of year when we take time to appreciate those who enrich our lives. For a few moments I'd like to thank those in our swimming family.

Thanks to all the LMSC officers and volunteers for your time and effort during the year. You keep everyone registered, the money straight, the website running, the meeting minutes taken and distributed, the newsletters published, the awards given and the other jobs too numerous to mention but are essential to our sport's success.

Thanks to the meet directors for hosting and administering our meets. For those of us who compete, you've undertaken a very large responsibility. Anyone who's ever been a director of a meet knows it's an immense job.

Thanks to the volunteers and officials who administer the meets. Sometimes you're a significant other and sometimes you're just someone who likes to be involved with swimming. Either way, we couldn't survive without you.

Thanks to all the teams in the state for being organized and participating. You are the LMSC.

Thanks to all the swimmers, whether open water, pool competitors or fitness swimmers. Each of you is an important cog that forms the teams that comprise the LMSC. Thanks for participating in whatever way you can.

Thanks to all of our families for understanding. Sometimes this whole swimming commitment consumes an inordinate amount of time.

Thanks to all our teammates who swim with us regardless of our mood. Thanks for understanding when we count wrong, smack hands, forget to brush our teeth, read the clock wrong, leave on the wrong interval, swim fly when everyone else is doing breast, lead the lane and swim too slow, ask to go last and tap your feet, pull on the lane rope

(who me?), complain when the interval is too fast, complain when the interval is too slow, get bagels instead of gooey caramel rolls, and the million other things that happen when swimmers bunch together.

Thanks to the 50+ Masters competitors who gave me a birthday present by entering the Hillsborough meet.

Thanks to anyone else out there who somehow doesn't fit into any of the above categories. All of us are needed to keep our swimming avocation thriving and growing.

I hope your holidays are happy and that each of you, your friends and your families are safe.

See you in Charlotte.

THE REGISTRAR'S LANE

by George Simon

Convention, Renewals, and other items

At this year's USMS convention held in September the House of Delegates voted to increase the dues. Other articles in this newsletter describe the services provided by USMS. It was surprising to see the sentiment of the HOD; only one person spoke against the dues increase, and the delegates' feeling that it was way past time to raise the dues. When you consider that of the \$15 that USMS receives from the membership, only \$7 of that supports the organization, the remainder to SWIM Magazine. It is a wonder how our grass roots organization operated on so few dollars when the cost of insurance and a few paid staff to handle an organization of 40,000 swimmers is considered. I was extremely happy to see a unanimous vote to support the USMS dues increase, the first in 12 years. Our North Carolina LMSC did have a dues increase of \$2 for 2000.

Another major convention issue was the permanent ID number. If you have renewed for 2003, you should have the explanation of the new number. This has been debated

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and requested over several years. As a registrar, I could see a need to be able to track people, their history and records over the years, especially those that have name changes or who transfer to another LMSC. Should you not renew one year, join back in another, or move to another state, your permanent ID will remain the same. Working behind the scenes as your registrar, I was very vocal about the absence in the permanent ID of a person's date of birth or social security number. The new ID is a totally random alpha numeric with only two digits changing every year.

Registration renewals for 2003 are now due. Since most teams that hold swim practice require insurance, it is a USMS and its insurance company requirement that 100% of the membership hold a current USMS registration for the insurance to be in effect. Please be sure you renew before the end of the year in order that you can participate at swim team practice sessions.

Also, please keep your registrar informed of address or e-mail changes. I attempt to communicate important North Carolina Masters Swimming information to our membership via e-mail. I am experiencing address changes from 9 to 10 percent of our membership with bounced e-mails. Just send a note to registrar@ncmasters.org when you have a change. If it is a street address change, I will forward it so you will continue to have your *SWIM* Magazine and *ACROSS THE LANES* newsletter sent to the proper address. Thus far on the renewals received, less than 50% of those who have e-mail addresses have indicated that they are willing to receive their newsletter via e-mail. Accordingly, we will continue to have them bulk mailed to our membership.

THE SECRETARY'S LANE

by Jerry Clark

ANNUAL MEETING

Local Masters Swim Committee for North Carolina

October 12, 2002

Present: Fritz Lehman, Mitch Mitchell, Jerry Clark, Beverly Amick, Suzanne Bonitz-Robbins, Jeannie Mitchell, Rick Bober and Bernie White.

Minutes of the previous LMSC for NC Meeting were unanimously approved.

Registration total as of this date is 674. The PEAK team in Asheville has disbanded, and the new team in that area will be the Western NC YMCA as of January 1, 2003. Regis-

tration fee for all USMS members for 2003 will be \$30.00 annually. Also announced was that permanent registration numbers will be assigned starting with the 2003 registration process.

The Treasurer's report shows that the checking account balance is \$6,699.03, and our certificate of deposit is \$4,275.74, for a total of \$10,974.77 on deposit.

Discussion regarding the LMSC for NC standing committees was held. Of the seven committees (meet management, records, fitness, risk management, registration, officials and nominating), only a few have been staffed or active during the past several years. Mitch Mitchell will lead a group in reviewing our committee needs and recommend a new structure at our next meeting in January 2003.

Elections of LMSC officers does not take place this year, but will be held in 2003.

New Business:

Highlights of decisions of the US Aquatic Sports convention were reviewed (measurement of pools, proof of age for records, dues, etc.)

An option to receive our newsletter each quarter by email will be given to all our registrants. It is hoped the savings can be used to offset the costs to send delegates to the annual convention.

Fritz is composing a LMSC calendar of events for 2003

We reviewed and approved the categories and process for nomination people for Annual Awards for The LMSC for NC:

Outstanding Swimmer – Male and Female: Awarded for top ten finishes in the three most recently completed swimming seasons where top ten results have been announced by USMS. For example: outstanding swimmer for the year 2002 will be derived from the top ten results in Long Course Meters 2002, Short Course Yards 2002, and Short Course Meters 2001. Short Course Meters 2002 would not be used since the results would not have been published before the outstanding swimmer award is presented. Points are awarded as follows: 1st place = 11 points, 2nd place = 9 points, 3rd place = 8 and down to 10th place = 1 point. No points would be awarded for relays. A final outstanding swimmer score will be calculated by summing all points across the three seasons. The male and female with the highest total score will be the outstanding swimmers. The

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only exception is that a swimmer may not win this award in two consecutive years. Since the award is based purely on points awarded on top ten swims, no nominations are necessary.

Inspirational Swimmer – The winner of this award does not have to be a competitive swimmer. Swimmers, coaches, officials, or any other type of volunteer may be nominated. To be considered for the honor, a person must be nominated by a peer before December 15th of the award year. A nomination must include a letter describing how the nominee has been inspirational and the impact this person has had on the NCMS community. This letter should be no longer than 500 words.

NCMS Newcomer – To be considered for this award, a person must have registered with the NCMS for the first time in the award year and be nominated by a peer before the December 15th of the award year. A nomination must include a letter describing activities of the nominee in their first year and how they have had an impact on the NCMS community. This letter should be no longer than 500 words. Anyone that has been registered with NCMS at any time in the past is not eligible for this award.

The Inspirational and Newcomer awards will be selected from the nominees by a committee chaired by the Vice Chairman of our LMSC, two board members, and two non-board members. The committee will be selected by the board during the October annual meeting. Nominations for all awards should be emailed to Fritz Lehman at fritz.lehman@sas.com or mailed to him at 439 Pebble Creek Drive, Cary, NC 27511-5419.

A dual meet in October 2003 was proposed by Fritz and was approved. The contestants will be NCMS swimmers who reside in the west side of the state versus the NCMS swimmers who reside in the east side of the state. Each team will swim in a 25 meter course located in it's respective side of the state. Both meets will commence at the same time on the same day with the same order of events. Results will be sent back and forth during the competition so that each side is aware of the point standings as the day progresses. The LMSC treasury will reimburse each side up to \$500.00 for its receipted expenses.

A weekend swim camp at a location to be agreed upon was proposed by Fritz for the weekend of November 8-

9, 2003. This would be a USMS Coaches Mentor Clinic, and we hope to have 2 USMS Mentor coaches to conduct the clinic. One self imposed requirement is that a Saturday evening party be held as part of this weekend event. The aquatic center in Charlotte has said that should the clinic be held here, it will work with us on a reasonable charge for the pool if the clinic commences at or after 11:00am on Saturday, and further, that it will open the pool Sunday morning just for this group.

Hill Carrow has been asked to conduct a thorough review of our by-laws and to come back to our board with recommendations for revisions. Any suggestions should be sent to Hill at hcarrow@sportsproperties.com as soon as possible.

Fritz has suggested a monthly conference call among the officers of our LMSC, and he will institute these at an agreed upon time and date.

The minutes for this meeting will constitute the Annual Report of our LMSC and will be forwarded to the national office of USMS.

It was unanimously approved to renew our domain name for five years at a total cost of \$115.00.

All Masters must include their USMS registration numbers entering meets in NC in 2003. This unique identification will substantially improve record keeping throughout North Carolina, Dixie Zone, USA and FINA.

Budget matters were discussed. The focus was that all income is to be given to the treasurer, and that all expenses be submitted to treasurer for reimbursement. All present wanted to be sure all income, as well as all expenses, is reported, for we have to file an annual financial report with USMS.. The LMSC chairperson will be an added signatory to the bank account to help provide for timely reimbursements should the treasurer not be available.

Brian Weischedel of Raleigh volunteered to put on a SCM meet in Hillsborough, NC on November 9, 2002. Fritz agreed to assist him with that job, and it was unanimously approved to sanction the meet, subject to our Registrar validating the necessary items to issue a sanction.

There's No Biz Like Swim Biz

By Jerry Clark

While at the US Aquatic Sports convention in September, Jim Enyart, George Simon and I attended a talk by Mike Collins about coaching. Mike is the Masters coach at Nova Aquatics in Orange County (Los Angeles), California. He assumed that new position just a few months ago. His group has grown from 6 to over 150 members since he arrived. He previously coached Masters clubs at Davis, CA and at UCLA. Mike has also coached Masters swimmers several times at the Olympic Training Center in Colorado Springs, Colorado.

George, Jim and I were quite impressed with Mike's hour-long presentation. George wondered out loud if we might have Mike make a video for our LMSC whenever he presented the same lesson in the future. I decided to ask Mike. He replied that he would be offering the same talk in Seattle in October. He'd agree to send us a copy if we'd arrange for the video taping and pay for it. The idea took on a larger proportion, for Mike decided to hire a professional video person to not only film his spoken presentation, but the entire two-day clinic. The final version will be sent to us in DVD form, and we expect to receive the package of DVD's in the near future. His lecture and instructions for both the long axis and short axis strokes will be included.

Our chairman Fritz Lehman has agreed that this video can be copied and delivered to all our clubs throughout North Carolina. There will be no charge for it. We hope all the clubs will show it to their swimmers, and I'm confident that everyone will find it fun to view, enlightening as to how to train smarter, and energizing as you prepare your swimming plans for the coming year.

There is one written requirement for anyone receiving Coach Collins' DVD. You will have to sign an agreement that you won't use it for commercial purposes. Our LMSC has made that commitment to Mike. We are getting the DVDs at a very attractive price because we helped originate the idea. I hope every Masters swimmer in North Carolina will take advantage of the opportunity to learn from one of swimming's extraordinary instructors. We'll get these out to the clubs just as soon as they arrive and can be copied; the clubs can then make either DVD or VHS copies for individuals.

Happy holiday season to all.

USMS Fitness Swim Events

By David Grilli

USMS Fitness Committee

Welcome 2003 by checking out the new Fitness events presented by the USMS Fitness Committee. The first one is a collection of virtual swims created by Master's teams throughout the United States. Use your practice or lap yardage, converted to miles, to conquer waterways all over the country, including some you might never want to actually swim. There will be a description of each swim along with photos and a chart. Some have distance choices. A swim in your state may already be in the bank of swims or be planned for the near future. Collect your swims and send them in at the end of the year for a personalized certificate. A shirt with the logo above is also available. It's easy to log your yardage every time you swim, and it is beneficial to your fitness program to know how much you are swimming.

The Committee's second swim is a 30-minute postal swim. This is a non-competitive way to swim for 30 minutes and compare your time with the rest of the country. Do the swim as many times as you wish and send in your best time by the end of 2003. This event will not start until January but feel free to try a 30 Minute Swim on your own in 2002 as preparation for the Hour Swim in January.

The third event ran this year and will be repeated in next year. The "Check-Off Challenge" gives you a chance to try all the recognized swimming events, anywhere, anytime. Check them off on a custom t-shirt. All the information you need for these events will be on www.USMS.org/fitness/ by mid-December.



Jerry Clark at the USAS / USMS Convention Leadership Table with USMS Webmaster Jim Matysek, RAM Award winner Carolyn Boak, and Debbie Cavanaugh of Florida.

USMS 2002 TOP TEN FOR LONG COURSE METERS

Congratulations to the following swimmers for placing in the USMS Top Ten for the 2002 long course season. For more information on USMS Top Ten, visit the USMS web site at <http://www.usms.org>. Each person on this list is eligible to purchase a Top Ten patch with stroke segment. To order a patch send \$5 to Thomas Gorman at 3369 Desota Ave., Cleveland Heights, OH 44118. Stroke segments are \$1.25 each.

Special recognition to Sally Newell, Richard Bober, Bob Jennings, John Kortheuer, Clarke Mitchell, and Boyd Campbell who placed first in the nation for their age group in one or more events. Also, a national 1st place went to the 120+ 200 mixed medley relay with swimmers Heather Hageman, Bob Jennings, Henry Stewart and Vanessa Everett.

If your name or an event is missing from this list, please contact Ceil Blackwell at 4305 John Rencher Wynd, Raleigh, NC 27612 (919 787-8324) or e-mail to ceilb@aol.com.

Age Group	Swimmer	Place / Event
Women		
19-24	Kelly Alexander	5th 400M Free, 6th 100M Fly, 8th 200M Free
	Melanie J Deal	3rd 200M Back, 4th 200M Breast, 5th 50M Back 5th 100M Back, 7th 100M Breast
	Vanessa Everett	2nd 400M Free, 5th 200M Free, 6th 100M Free
	Cynthia Nagle	6th 200M Breast, 9th 100M Breast
25-29	Christy Hall	3RD 1500M Free, 4th 200M Free
	Jennifer Stringer	2nd 100M Free, 4th 200M Free
30-34	Heather M Hageman	2nd 50M Free, 4th 50M Fly, 6th 100M Free, 7th 50M Back
35-39	Danielle Pender	8th 50M Breast
40-44	Ruth Battle	6th 50M Free, 9th 100M Free, 9th 50M Fly
45-49	Beverly O Amick	4th 100M Fly, 7th 800M Free, 7th 200M Fly, 8th 400M Free, 8th 1500M Free
50-54	Sandra G Cathey	9th 200M Fly
55-59	Jeannie Mitchell	2nd 50M Back. 2nd 100 M Back, 4th 200M Back, 6th 400M IM, 10th 100M Fly
65-69	Sandra Kremer	4th 200M Breast, 6th 50M Breast, 8th 800M Free, 9th 400M Free, 9th 100 M Breast
	Sally N Newell	1st 50M Breast (45.81), 1st 100M Breast (1:43.16), 2nd 50M Back, 2nd 100M Back , 2nd 200M Back 2nd 200M IM, 5th 50M Free, 7th 50M Fly, 8th 100M Free
	Suzanne Robbins-Bonitz	5th 50M Back, 6th 100M Back, 7th 200M Back
Men		
19-24	Jon Gellin	4th 200M IM, 7th 100M FLY
	Sean Stringer	7th 100M Back
35-39	Bob Jennings	1st 200M Breast (2:36.09), 3rd 100M Breast, 4th 50M Breast, 5th 200M IM
	Henry Stewart	2nd 50M Free, 6th 100M Fly, 8th 50M Fly, 10th 100M Fly
40-44	Fritz E Lehman	2nd 50M Back, 2nd 100M Back, 4th 100M Free, 7th 50M Fly
45-49	Kevin L Facchine	9th 800M Free

**USMS 2002 TOP TEN FOR LONG COURSE METERS
(Continued)**

50-54	Richard S Bober George L Coxhead	1st 100M Back (1:07.84) , 2 nd 50M Back, 4 th 200M Back 9 th 400M IM, 10 th 200M Breast
65-69	Jerry Clark	2 nd 400M Free, 2 nd 800M Free, 3 rd 50M Free, 3 rd 100M Free, 4 th 200M Free, 5 th 50M Breast
70-74	John Kortheuer Clarke E Mitchell Dick Webber	1st 50M Breast (39.69) , 2 nd 100m Breast, 2 nd 200M Breast 1st 50 M Back (37.88) , 1st 100M Back (1:25.98) , 1st 200M Back (3:18.13) , 2 nd 50M Fly, 7 th 400M Free, 9 th 100M Free, 9 th 200M Free 5 th 50M Fly, 8 th 50M Free
75-79	Vester Boone	9 th 800M Free
90-94	Boyd C Campbell	1st 50M Back (1:33.16) , 2 nd 100M Free, 2 nd 50M Back, 2 nd 100M Back

RELAYS

Place / Team Members

Women

160+ 200M Medley 10th (Jeannie Mitchell, Mary Sansbury, Beverly Amick, Kim Stott)

Men

160+ 200M Medley **1st (Fritz Lehman, Bob Jennings, Kevin Facchine, Henry Stewart)**
 240+ 200M Free 2nd (Jerry Clark, Hill Carrow, Richard Kitchell, Dick Webber)
 240+ 200M Medley 2nd (Clarke Mitchell, Joel Jacobs, Richard Kitchell, Jerry Clark)
 320+ 200M Free 3rd (Boyd Campbell, Jim Scherbarth, Dick Webber, Harold Hoffman)

Mixed

120+ 200M Medley **1st (Heather Hageman, Bob Jennings, Henry Stewart, Vanessa Everett)**
 200+ 200M Medley 9th (Fritz Lehman, Mary Sansbury, Kim Stott, Jerry Clark)
 200+ 400M Medley 3rd (Clarke Mitchell, Sandra Cathey, Beverly Amick, Jerry Clark)
 240+ 200 Free 3rd (Mary Sansbury, Sally Newell, Jerry Clark, Richard Kitchell)

LMSC - NC Officers and Staff

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PERFORMANCE APTITUDES AND ATTITUDES

WHAT MAKES A CHAMPION

Coach Wayne McCauley, Masters National Champion, Masters All-American, ASCA Level 4 Masters

A couple of years ago I asked a friend of mine what he was doing with a legal notepad at a Masters swim meet. He wrote down everything he had to think about in his race, a 50-yard butterfly. He had three pages single spaced notes on a 50-yard fly! Now this wasn't an ordinary Masters swimmer; he has an Olympic Gold medal in shot put from 1952, another in 1956, and a silver from 1960. A light went on in my head: so this is how a champion prepares.

I began to break down every aspect of a race, into as many details as possible. Then I began to coach those details to swimmers. It doesn't seem to matter the age, as swimmers from 6 to 80 want to know every detail a coach can give them, so that they can have an advantage over their less informed opponents. I have had eight-year-old girls who could tell every detail of the stroke better than some college swimmers.

Once a swimmer knows that every thing they do can add or subtract a tenth of a second, they pay attention to the details. I break down the start into the start, dive and distance underwater, and finally the breakout into the swim portion. Each turn actually starts five yards out preparing for the turn, then the approach into the wall, the turn, the push off and the and again the breakout into the swim portion. Everything in a swim race can be broken down into tenths of a second.

I challenge swimmers to start with ten items to think about their races. Then expand on that ten as much as possible; suggest going into detail. What have the coaches been talking about during technique workouts? What have the coaches discussed about race strategy? What did the swimmers own best race feel like? Once they start thinking like a coach, my legacy will be lots of new coaches who think about every detail.

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The Secrets of Speed

By John Leonard

Executive Director, American Swimming Coaches Association

As an old and declining runner, I spent some time last week, rooting around in some old track training books, trying to find out why I am now so doggone slow, I came across an interesting thing. It's one of those things that you learn when you are young and then you forget for awhile, and then it pops back up into your consciousness. In my case, a very young coach had told me at the Gator Clinic in

January that she had come to the clinic to learn "The Secrets of Speed." The phrase caught my ear. Now, here in front of me on a printed page was the pronouncement ... "The Secrets of Speed." Excitement.

The advice was simple; Rhythm, Range, and Relaxation. How elegant. How simple. How perfect. And of course, the same is true for swimming, as for track. Rhythm is two things; Stroke Rate and consistency of repetition. Range is the simplest; it is stroke length.

Relaxation is the most complex. It means the mysterious ability to apply muscular effort and force at the exact moment of optimum application. The sweet spot in the stroke where propulsive power is maximized... and, most critically, the ability to relax and rest those muscle groups throughout the rest of the stroke cycle, until the arm once again finds the sweet spot and applies force once again.. Coaches know the best swimmers are the smoothest swimmers, the swimmers who "look the easiest" to the eye... those who "flow" through the water. All of this is the result of the successful application of the principle of relaxation.

In order to improve your swimmers' speed you can:

Improve their stroke rate. Even tiny stroke rate increases will result in big improvements. Check out the various audio pacer mechanisms on the market. Use them for novice swimmers and even for learn-to-swim swimmers, to improve the consistency of their action, and then increase their stroke rate.

Improve their distance per stroke (range). Reduce their total resistance by improving their body posture in the water. Ask them to "find ways" to get down the pool in fewer strokes.

Improve their ability to relax at peak speed. The mystery is "how"? Asking for "easy speed" rather than all-out straining efforts is one way.

Many repetitions of short distance at good stroke rate and good stroke length focusing on finding the "sweet spot" is another.. Ask them to ONLY apply force where it matters most. Don't over coach. Let them find the way.

The Secrets of Speed. Beautifully simple. Elegant. Teach them to your swimmers.

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**United States Masters Swimming
Convention Committees' Notes,
September 11-15, 2002
Compiled by June Krauser,
Dixie Zone Chairman**

BOARD OF DIRECTORS: Reports were given. Approval was given for the actions of the Executive Committee during the past year. Governance was a concern of the Board. USA-Swimming is also discussing governance and has items on their agenda. It was emphasized that all committees are expected to do their work during the year and not just at the convention. Scott Rabalais presented a new Mission Statement -- "To promote swimming for life among adults in the United States." The theme of this year's convention was "TEAMING TOGETHER." The committees were divided into five blocks.

Block 1 - Teaming Together - to bring out the best!
Championship, Coaches, International, Officials, & Rules

Block 2 - Teaming Together - to take care of business! Finance, Ad Hoc Legal Counselors, Legislation, & Planning

Block 3 - Teaming Together - to spread the word!
Communications, Marketing, Publications, & Registration

Block 4 - Teaming Together - to strengthen and protect! Fitness, Insurance, Long Distance, Safety Education, Sports Medicine

Block 5 - Teaming Together - to preserve and honor!
ISHOF Nominating, History & Archives, Recognition and Wards, and Records & Tabulation

CHAMPIONSHIP: Approved an early check-in policy and the use of heat sheets for Days 2-4 at 2003 SC Nationals in Tempe. A five-day format was approved for the 2003 LC Nationals with the 1500 free on day 1 and the 800 free on day 2. Bids were awarded to Indianapolis for SC 2004 and Savannah GA for LC 2004. A swimmer must make a NQT in either the 800 or 1500m free in order to be able to

swim both distance events at the 2003 LC Nationals.

COACHES: Nearly all LMSC's have a coach's representative. Clinics, camps and schools were discussed. Coaching programs include International Coaching and Online Coaching.

COMMUNICATIONS: The webmaster position was expanded to a full-time position with compensation of \$60,000 per year. The new level of compensation for the USMS Webmaster, Jim Matysek, and USMS Magazine Editor, Bill Volckening, to be effective 10/01/02. The webmaster reported that we could save as much as \$4,000 per year by purchasing our own server. Since SPAM and viruses are proliferating, Jim advises that you should never respond to unsolicited emails, and that you should never click on 'REMOVE' on a SPAM e-mail.

CONVENTION: Next year directions on registration/certification will be included in the 2003 USMS convention packet. 233 delegates were registered for the convention. The next convention is in San Diego. The 2004 convention is in Orlando. Debbie Cavanaugh will take over certification table in Orlando.

FINANCE: USMS dues have been increased \$5 from \$15 to \$20. Zone Representatives were added to the list of those who are eligible for reimbursement of convention expenses under Financial Operation Guidelines (FOG). The contribution to ISHOF will now be \$.25 per swimmer.

USMS DUES INCREASE JUSTIFICATION

United States Masters Swimming is a dynamic, growing organization, dedicated to providing the highest level of service for its members. During the last decade, we have experienced a substantial increase in services for our members. These services include communications information and resources, such as the USMS web site and the USMS National Publication, *SWIM* Magazine – plus liability and secondary accident insurance coverage for individuals, clubs, officials, and meet hosts, toll-free access to the National Office, coaching resources and programs, and free, web-based publications. Continued support for these services requires a necessary financial commitment. It has

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been 12 years since USMS last increased dues.

Therefore, delegates at the annual USMS convention approved a dues increase of \$5 per swimmer effective for 2003 member registrations. This change applies to full-year and partial-year dues. The five dollars represents only the USMS portion of membership dues. Each LMSC's total annual dues include local and national dues, which are combined into one registration fee. Since LMSCs determine their own local dues, there will be variances in total registration fees among LMSCs. Any local dues increases would be determined by and communicated from the LMSCs and reflected in the total fee.

The matter was given careful consideration, and the resolution was unanimous. USMS is perhaps the best kept secret in adult fitness, and it also continues to be the best bargain. We appreciate your understanding as USMS renews its commitment to offering a program that will continue to benefit you and provide great enjoyment.

FITNESS: Three new Fitness events have been established: 30 Minute Swim, Check-Off Challenge, and The Virtual Swim Series. The 2002 Fitness Award was presented to Bill Volckening. The committee is developing a Fitness Handbook to be published. An "Article of the Month" will be placed on the fitness website.

HISTORY AND ARCHIVES: Procedures for LMSC's will be developed so that there will be a suggested format for local groups to archive local history. All LMSC's are encouraged to develop histories of their LMSC and to collect stories about individuals in the LMSC. A CD demonstration showed that our maintenance procedures can be put on a CD in a Windows format when they are not yet developed for use directly on the web or when content cannot be put on the web. The committee urges that we move forward to convert digital archives to more conventional formats and affirms the general direction of 'minimal RFP.'

INSURANCE: The larger the organization gets with an increase in personnel, the more insurance is required. Our liability loss experience has been excellent. Losses for Secondary Personal Accident continue to come from slips, falls, and strains. The liability insurance carriers will not provide a quote more than 30 days prior to the policy expiration date of 1/1/03 due to climate of the insurance industry.

INTERNATIONAL: USMS will consider bidding for the FINA 2006 World Masters Championships. We will not entertain a bid for a Pan Am meet until there is more dis-

cussion with ASUA. We envision bidding for a Pan-Pac meet in 2005 and have had several venues express an interest, including the new pool in Maui, HI. If we bid for the FINA 2006 World Masters Championships, the International and Championships committees will be involved.

LEGISLATION: The executive committee and the Board of Directors will be involved in the BOD/Governance Task Force. Several housekeeping items were passed as legislation. Next year will be a Legislation year. It was suggested that the Legal Counselors committee look into the possibility of developing model LMSC by-laws.

LONG DISTANCE: Two objectives were achieved. (1) Maximize use of electronic communication and delegating. (2) 2004 bids awarded:
3/6000 yd postal -- Central Oregon
3-6 mile OW -- Fernandina Beach
2 Mile cable -- Indy Swim Fit
One-Hour Postal -- Tamalpais
5K/1-0K Postal -- St. Louis Area Masters
1 Mile OW -- Hopkins/Maryland Masters
6+ Mile OW -- Metropolitan Swimming
1-3 Mile OW -- Rogue Valley Masters

MARKETING: A new brochure will be designed, written, and printed by December 31. There will be no planner for 2003. The committee will design and produce stock ads with camera-ready art and made available on the web. The committee will design and print hang tags to promote Masters Swimming that will be distributed to retailers and distributors to place on their products. To attract larger sponsorships, we have to give them something -- like access to our mailing list.

OFFICIALS: A proposed policy for the naming of officials for the SC and LC Nationals Championship meets was developed for review and approval by the Championship Committee and USA-S. The Committee passed the USMS Officials Certification Procedure. Officials Committee liaisons for 2002 are SC at Tempe -- Ted Haartz and LC at Rutgers -- David Diehl.

PLANNING: Hints from the summary of a survey will be sent to all LMSC editors. The hints include: exchange newsletters with other clubs or LMSC's especially within the Zone and download other newsletters from the web. A checklist for LMSC's is being prepared for the purpose to help LMSC's identify weaknesses and strengths. The committee will create materials for local swimmers to sell advantages of program to various types of facilities.

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PUBLICATION: The committee had the luxury of choosing from 13 outstanding cover designs for the 2003 Rule Book. The winner was Alison Moore of Hillsboro, OR. The book will be dedicated to Tom Boak. Cheryl Gettefinger will be the Ad coordinator and has suggested considering personal ads in addition to merchandise ads. Committee recommends that all USMS committees compile a policy manual. The committee will review the indexing of the rule book for next year. It was suggested that the committee work with Rules & Officials to investigate compiling a case studies publication.

RECOGNITION AND AWARDS: Starting next year there will be a perpetual Ransom J. Arthur award to present at the Awards Banquet. The Raleigh Area Masters National Championship Award will be an official USMS Award presented annually at the House of Delegates meeting, and the winners will be listed in the rule book. Up to fifteen Dorothy Donnelly USMS Service Awards will be given annually. In addition to publishing the list of all Ransom J. Arthur Award winners, factual narratives detailing the reasons each award winner received the award, and their picture will be published. The committee will consider the suggestion that a patch for years of service to USMS be designed and made available for volunteers.

RECORDS & TABULATION: The new rule regarding pool length (as defined by Rules Committee) will go into effect January 1, 2003. It is recommended that a pool with a bulkhead be measured before and after every meet. A copy of birth certificate or passport will be required for National records. New forms for National and World Record Applications and Pool Length Certification will be published.

REGISTRATION: Total registrations to date are at 40,224 - just a few under last year's total. South Carolina is at 130% of last year. Twelve LMSC's do not use USMS registration software. A few don't do registrations on a computer. Esther has volunteered to do the processing for small LMSC's. Help will be given others to get them up and running on the software. Legal Counsel is looking into online registration. A permanent ID number will be included in the software. The target date is November 1, 2002 or as soon as possible.

RULES: The sense of the house on pool length issues were (1) All official times should be obtained in pools that meet the length standard. USMS needs to continue to sanction meets in facilities that do not meet the standards, but we should not recognize these results for official purposes. (2) USMS must enforce pool length and starting blocks. (3)

Enforce these rules by using the sanctioning process. (4) All lanes need to be measured for certification and re-certification. A certified Surveyor should not be required. For Nationals the order of both distance events may be changed, and Heat Sheets for pre-seeded events shall be made available at the time of registration.

SAFETY & EDUCATION: The committee recommended that time be scheduled for CPR training for delegates at next year's convention. The USMS Safety Handbook as of 2001 will be distributed electronically. Appoint a committee member to be a liaison to the Open Water Safety sub-committee if Open Water so desires. Provide safety 'blurbs' and 'fill' articles for newsletter editors.

ZONE: Requested an opinion from Legal Council as to the status of separate zone funds. The committee will work to further define their role and develop written guidelines. The Zone reps will have the same status as standing committee chairs when funding convention expenses. Lynn Hazelwood was elected as Zone Chairman.

AD HOC LEGAL COUNSELORS: The chairman gave an explanation of the types of legal issues that USMS Legal Counsel encounters regularly. There was discussion of electronic transactions statutes and their impact on the ability to have on-line registration for USMS. There is also a need to find legal expertise in the area of information technology and electronic transactions. The committee leans toward encouragement of safety training rather than specific requirements.

AD HOC ISHOF NOMINATING: Frank Piemme was selected as the USMS nominee to be submitted to the ISHOF for consideration for induction in 2004. The USMS Candidate Selection Policy/Procedures were revised to align with those of ISHOF.

ENDOWMENT FUND: As of June 30, 2002, the Fund balance stood at \$110,987.28. The initial grant of \$2,500.00 has been made to Indiana University for the benefit of the Councilman Center for the Study of Swimming. The grant for the essential tremor is still looking for a sponsor. No USMS matching funds will be requested for 2003. Current budgeting for matching funds will be suspended for the balance of 2002. The check-off program on registrations should be encouraged. A draft of criteria for grants by Sports Medicine and others is being worked on.

DATABASE TASK FORCE: The first task is to create a uniform ID or "permanent ID" for each swimmer. It is understood that it would cost the organization less money to

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create one main database rather than continue to update the current individual databases. Needed right now is a Project Administrator.

Dixie Zone Minutes, September 14, 2002

The Chairman, June Krauser called the meeting to order. Vice Chairman Lisa Watson was the recorder. This was a luncheon meeting and thanks to Randy Nutt for making arrangements for lunch.

1. Introduction

After the thirty Dixie Zone delegates introduced themselves, a count was taken of each LMSC. Georgia LMSC had 6, Florida LMSC had 6, Florida Gold Coast LMSC had 6, North Carolina LMSC had 4, South Carolina LMSC had 1, Southeastern LMSC had 3, and Southern LMSC had 4.

2. Zone Specific Tasks

A. Financial Report. There was a discussion regarding the Executive Committee's recommendation that Financial Operating Guidelines be amended for zone dues collection and disbursement. Members voiced concern that this would make the process much more difficult, and that it would be preferable to continue letting each zone take care of their own finances.

B. Zone Newsletters continue to be published in a timely manner.

C. Top Ten Times. The committee commended Dick Brewer for handling Dixie Zone Top Ten Times.

D. Records. The committee voted to establish a written policy of guidelines for submitting times for Dixie Zone Records. Chairman Ed Saltzman and the Dixie Zone Top Ten Recorders will comprise this committee.

E. Top Ten Patches. Debbie Cavanaugh said that we are in good shape with patches. LMSC's were encouraged to continually remind their LMSC's that swimmers are eligible for a patch when they make the Dixie Zone Top Ten.

3. Zone Activities for 2002-2003

A. Championship Meet bids. The Dixie Zone Committee awarded Dixie Zone Championships to the following bids for 2003: SCY--Savannah, GA (April 26-27), SCM--Marietta, GA (December 6-7), Open Water-Carter's Lake, GA (July 19).

B. Thanks to Ed Saltzman and Dick Brewer, we were provided two nice calendars to schedule the 2003 events calendar. These dates will eventually be found on the Dixie Zone

website: www.dixiezone.org.

4. Coaches Mentor Program

Scott Rabalais encouraged the LMSC's to take advantage of the Coaches Mentor Clinics, which will provide each zone with a dual clinic for coaches and swimmers. Randy Nutt encouraged the LMSC's also to take advantage of the Open Water Clinics, which can pay \$500 to bring someone to conduct a clinic.

5. Future Direction of Zones

Our members felt that the Dixie Zone was thriving and hoped this trend continues.

6. Discussion of 'Hot' Convention Topics

The new block format was discussed. On the positive side, it was a new idea and was conceived to promote interaction between committees. The downside was that there was not enough time allocated for committees to conduct their own business. Also, with similar committees grouped together in the block format, it made it impossible for someone with similar interests to attend different committee meetings. One member suggested that if the block format continues, the committees should meet first and then come back in a group discussion.

7. New Business

Scott Rabalais was congratulated for bringing the LCM Nationals to the Dixie Zone because Savannah, GA was awarded the LC bid for 2004!



George Simon and Hill Carrow present Carolyn Boak with the Raleigh Area Masters National Championship Award.

UPCOMING 2003 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT	
2003				
Jan	4	Summerville Masters SC Meet SCY	Summerville, SC	Joanne Stroud, 843-832-3812, jksmt@sc.rr.com
	25, 26	Sunbelt Championships SCY	Charlotte, NC	Bernie White & Ken Johnson, (704) 364-2141
Feb	15, 16	Virginia Masters Winter Invitational	Midlothian, VA	Nancy Miller, 804-320-2143, nancymillr@aol.com James Wolfle, 757-393-1799, wolfle@aol.com
Mar	1	Frank Clark SCY Meet	Greensboro, NC	Craig Hertz, 336.373.5916
	1, 2	Maryland Masters Winter Meet	UMBC, Catonsville, MD	Barbara Protzman, 410-788-2964(h), swimbarb@hotmail.com
	2	VMST Chinn Aquatics Swim Meet	Woodbridge, VA	Harry DeLong at hdelong@comcast.net or phone at 703-368-0309.
	15, 16	St. Patrick's Day Invitational	Atlanta, GA	Lisa Watson, 770-497-1901(h), lwatson@hermes.gc.peachnet.edu
Apr	11-13	Colonies Zone SC Champs	George Mason Univ, Fairfax, VA	Cheryl Ward, 703-359-5366, cherylaward@yahoo.com
	24-27	YMCA Nationals SCY	Sarasota FL	
	26, 27	Dixie Zone SCY Championships	Savannah, GA	Scott Rabalais, 912-927-7016,
May	3, 4	NC State Championships SCY	Raleigh, NC	
	5-18	USMS National SCY Championships	Tempe AZ	
Jun	1-7	National Senior Games SCY	Midtown Community Center, Newport News, VA	Scott Rabalais, 912-927-7016, scottrabalais@compuserve.com www.nationalseniorgames.org
Aug	14-17	USMS National LCM Championships	Rutgers NJ	

USMS CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
1/1/2003- 1/31/2003	2003 USMS One Hour Postal Championship	Your Pool	Kristine Lewis, 503-641-9486, kristine.lewis@phs.com
5/3/2003	2003 USMS 2-Mile Cable Championship OW	Decker Lake, Austin, TX	James Allen, 512-249-9297, austincableswim@yahoo.com
5/15/2003- 5/18/2003	2003 USMS SC Championships	Mona Plummer Aquatic Complex, ASU, Tempe, AZ	Mark Gill, 202 E Baseline Rd #146, Tempe, AZ 85283, 480-775-1485, mark.gill@asu.edu ;
5/15/2003- 9/30/2003	2003 USMS 5K/10K Postal Championship	Your Pool	Mel Goldstein, 317-253-8289, goldstein@mindspring.com
6/14/2003	2003 USMS 3K Open Water Championships	Hartwell Lake, Clemson, SC	Jacque Grossman, 864-654-4704, jelg@innova.net
6/21/2003	2003 USMS 1-Mile Open Water Championship	Eagle Creek Reservoir, Indianapolis, IN	Mel Goldstein, 317-253-8289, goldstein@mindspring.com
7/27/2003	2003 USMS 5K Open Water Championship	Elk Lake, Bend, OR	Pam Himstreet, 541-385-7770, himstreet@bendcable.com
8/3/2003	2003 USMS 10K Open Water Championship	Pacific Ocean, Santa Cruz, CA	Joel Wilson, 831-425-5762, , openwatr@got.net
8/14/2003- 8/17/2003	2003 USMS LC Championships	Sonny Werblin Rec Center, Rutgers University, Piscataway, NJ	Edward Nessel, 908-561-5339, ednessel@aol.com
9/1/2003- 10/31/2003	2003 USMS 3000/6000 Yard Postal Championship	Your Pool	Doug Garcia, 509-332-1621(h), douggarcia@usms.org

FRANK CLARK MASTERS OPEN
Greensboro, NC
Saturday, March 1, 2003

Sponsored By: Triad Masters Swimming (TMS) and the Greensboro Parks & Recreation Dept.

Sanctioned By: LMSC for USMS, Inc. Sanction #133-02

Meet Referee: TBA

Meet Director: Craig Hertz

Location: Grimsley High School, 801 Westover Terrace, Greensboro, NC (336) 373-5916. 8-lane 25-yard pool. Pool length has been certified in accordance with USMS rules. Non-turbulent lane markers. Colorado electronic timing. 6 lanes will be used for continuous competition. One lane will be continuous warm-up/warm-down.

Time: Saturday, March 1. Warm-up: 8:30 – 9:30 am. Lanes 1 & 2 will be designated sprint lanes with diving allowed from 9:00-9:20 am. Events start at 9:30 am. **THERE WILL BE NO DIVING** in the warm-up lane once competition has begun.

Rules: Swimmers must be registered with United States Master Swimming (USMS). A photocopy of your current 2003 registration card **must accompany your entry**. 2003 USMS rules shall prevail. Age is determined as of March 1, 2003. Competitors must be at least 19 years old. Swimmers are limited to 5 individual events plus relays. **The 200 open event will be your choice of back, breast, or fly (be sure to specify which stroke.)**

Deadline: Meet entries **MUST BE RECEIVED BY 2/21/03**. Deck entries will be accepted at \$5 per event until 9:00 am. No faxes.

Fees: \$6.00 surcharge for automatic timing and pool rental. \$3.00 per individual event. \$5.00 per relay. Individual event **fees must accompany entries** and are non-refundable. **Make check payable to TMS**. Send entries, copy of USMS card, and fees to: Callie Stuhler, 1104 Portland Street, Greensboro, NC 27403

Awards: Ribbons will be given out to the top 8 finishers in each event in each age group and the top three teams in relays.

Scoring: Individual events will be scored 7-5-4-3-2-1, and relays 14-10-8-6-4-2. Meet results will be sent to team representatives and the short course records chairperson.

Seeding: All events will be seeded by sex and time. 1650 will be a positive check-in and will be seeded by time, combining sexes if needed. The 200 open event will be seeded by time. All events will be seeded slow to fast with the exception of the 1650, which will be seeded fast to slow. Note: **One-time Event Registration will be offered. ALL deck entries, including one -time registration entries, must be received by 9:00 am.**

Lodging: Battleground Inn, 1517 Westover Terrace, 336-272-4737. Courtyard by Marriott, 4400 W. Wendover Ave., 336-294-3800 OR 1-800-321-2211. Microtel Inn, 4304 Big Tree Way, 336-547-7007 OR 1-800-956-7007.

Directions: 1) From I-40 EAST: take Wendover Ave EAST (exit 214B). From I-40 WEST: take Wendover Ave EAST (exit 214). Go RIGHT. Follow Wendover EAST for 5-10 minutes. *See #3*
2) From I-85 NORTH: Take Holden Road (exit 121). Take service road to Holden Rd. Turn LEFT onto Holden Rd. Go approx 4 miles. Turn RIGHT onto Wendover Ave EAST. Go 1.8 miles. *See #3*
3) Take Benjamin Pkwy SOUTH exit. Turn LEFT at 2nd light onto Campus Drive. Pool is on right, immediately after tennis courts, parking lot is across the street.

FRANK CLARK MASTERS OPEN—March 1, 2003
OFFICIAL ENTRY (please print)

Name _____ Team _____

Address: _____ Phone: _____

Age: _____ Birth Date: _____ Sex: M _____ F _____

2003 USMS Registration TEAM & NUMBER (attach copy of card): _____

<i>Women</i>	<i>Time</i>	<i>Event</i>	<i>Time</i>	<i>Men</i>
1	_____	500 Yd. Freestyle	_____	2
3	_____	400 yd. I.M.	_____	4
5	_____	200 yd. Medley Relay	_____	6
**		10 minute break		**
7	_____	200 yd. I.M.	_____	8
9	_____	100 yd. Breast	_____	10
11	_____	50 yd. Butterfly	_____	12
13	_____	100 yd. Freestyle	_____	14
15	_____	200 yd. Mixed Free Relay	_____	16
17	_____	100 yd. Backstroke	_____	18
19	_____	50 yd. Breaststroke	_____	20
21	_____	100 yd. I.M.	_____	22
23	_____	200 yd. Freestyle	_____	24
25	_____	200 yd. Mixed Medley Relay	_____	26
27	_____	50 yd. Freestyle	_____	28
29	_____	100 yd. Butterfly	_____	30
31	_____	50 yd. Backstroke	_____	32
33	_____	200 yd. Open Event (specify stroke)	_____	34
35	_____	200 yd. Free Relay	_____	36
37	_____	1650 yd. Freestyle	_____	38

Number of events: _____ X \$3.00 = _____

Meet surcharge: _____ = \$6.00

Total: _____

BE SURE TO SPECIFY THE STROKE FOR THE 200 YARD OPEN EVENT – EVENTS 33 & 34!!!

PLEASE READ AND SIGN:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware 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 THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: _____

Date: _____

20th ANNUAL
CHARLOTTE SWIMMASTERS SUNBELT CHAMPIONSHIP
January 25-26, 2003

- Sanction: Sanction by LMSC for NC for USMS, Inc. Sanction # 133-01
- Meet Director: Bernie White and Ken Johnson (704/364-2141) Meet Referee: Jim Duff
- Facility: Mecklenburg County Aquatic Center, 800 East Second Street, Charlotte NC. (704) 336-3483
The pool is 50 meters by 25 yards, with a bulkhead dividing the competition area into an 8 lane 25 yard course. Continuous warm up/down lanes available in separate tank. Click here for a map. Parking is across the street on Saturday. The pool length has been certified in accord with USMS rules.
- Rules: Swimmers **must** be registered with USMS as of the first day of the meet as determined by the Registrar of NCMS. **No Exceptions**. USMS rules govern the meet. Swimmers are limited to 5 individual events per day. **Note** : USMS One Day Registration forms **will not** be available at this meet.
- Deadline: Entries must be received by mail or fax to Jerry Clark (704) 334-6223 by 5:00pm January 17, 2003. Entries received after this time and date will be handled as **deck entries**.
- Fees: \$3.00 per event for pre-registration. Deck entries accepted at \$5.00 per event. There are no relay charges. **There will be no refunds, unless the meet date is changed**
- Scoring & Awards Individual events will be scored 9-7-6-5-4-3-2-1; relays doubled for team scoring. Ribbons given to top 8 finishers in each event. High point awards given each sex/age group.
- Seeding: All events will be seeded by sex and time, with the exception of the following events: 1650, 1000, 500 and 400 IM. These events will be seeded by time only with sexes combined. All events will be seeded slow to fast **except the 500 free** which will be fast to slow. " no time" will be placed in slow heats. Meet Director reserves right to combine sexes in any events. For the 500 free, **you must reconfirm** you will swim this event **before the break on Sunday** by initialing your name at the deck enter/relay desk.
- Schedule: Saturday morning: Warm up **8:00am**; first heat of the distance events start **8:45am promptly**. Saturday afternoon: Warm up **11:30am**; first heat event 5 starts **12:30pm promptly**. Sunday morning: Warm up **8:00am**; first heat of event starts **8:45am promptly**.
You must always enter the pool feet first except in sprint lanes. No paddles or kickboards allowed in warm up/down swimming.
- Lodging: Adams Mark \$65 (704) 372-4100 or (800) 444-2326; Four Points Sheraton \$65* (704) 372-7550 or (800) 762-1995; Hampton Inn \$79* (704)373-0917. Mention Masters Swim Meet when you call. All ez walk to pool. Best to reserve early as rates based on space available.
*denotes free breakfast.
- Social Have A Nice Day restaurant at 6:30 Saturday. Would be appreciated if you reserve space when mailing entry. Maps will be at pool.
- LMSC **Saturday January 25, 2003 immediately following afternoon events. All officers and team Meeting: reps are urged to attend.**

SUNBELT CHAMPIONSHIP ENTRY FORM

Sanction # 133-01

please print legibly

Name: _____ Team initials: _____

Address: _____ City/State/Zip: _____

Sex: M ___ F ___ Age: _____ Birth Date: _____ Day Phone: _____

E-mail address (please print legibly) _____

2003 USMS registration number: _____

Saturday January 25, 2003, Warm up 8:00 am, Meet start at 8:45am				
Women	Time	Event	Time	Men
1	_____	1,650 yd Freestyle	_____	1
2	_____	1,000 yd Freestyle	_____	2
Saturday January 25, 2003, Warm up 11:30 am, Meet start at 12:30pm				
3	_____	200 yd Butterfly	_____	4
5	_____	50 yd Breaststroke	_____	6
7	_____	25 yd Backstroke – novice*	_____	8
9	_____	200 yd Medley Relay	_____	10
11	_____	100 yd Backstroke	_____	12
13	_____	400 yd IM	_____	13
		Break	_____	
14	_____	50 yd Freestyle	_____	15
16	_____	25 yd Butterfly – novice*	_____	17
18	_____	200 yd Breaststroke	_____	19
20	_____	200 yd Freestyle	_____	21
22	_____	100 yd IM	_____	23
24	_____	200 yd Mixed Medley Relay	_____	24
Sunday January 26, 2003, Warm up 8:00am, Meet start 9:00am				
25	_____	100 yd Butterfly	_____	26
27	_____	50 yd Backstroke	_____	28
29	_____	25 yd Freestyle – novice*	_____	30
31	_____	_____	_____	32
		200 yd IM	_____	
33	_____	Break	_____	33
		200 yd Mixed Free Relay	_____	
34	_____	100 yd Breaststroke	_____	35
36	_____	200 yd Backstroke	_____	37
38	_____	100 yd Freestyle	_____	39
40	_____	25 yd Breaststroke – novice*	_____	41
42	_____	50 yd Butterfly	_____	43
44	_____	200 yd Freestyle Relay	_____	45
46	_____	500 yd Freestyle	_____	46

* ONLY SWIMMERS IN THEIR FIRST MEET MAY SWIM NOVICE EVENTS, NO POINTS AWARDED

Number of events -----	@ \$ 3.00 each =	\$	
Meet Surcharge	@ \$ 8.00 =		_____
Social -----	@ \$15.00 each =		_____
T-Shirt Number & Size(s)-----	@ \$ 8.00 each =		_____
TOTAL		\$	

Make checks payable to **Charlotte SwimMasters** and mail to:

Jerry Clark
128 South Tryon Street, Suite 1565
Charlotte, NC 28202

Read and Sign this Release from Liability: I the undersigned, intending to be legally bound, do 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 SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEET OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide and be governed by the rules of USMS.

Signature: _____ Date: _____