



**From the Vice-Chairman's Lane**  
**By Clarke "Mitch" Mitchell**

Thanks to all North Carolina swimmers for a tremendous welcome to your state and your LMSC.

When Jan and I chose to retire from the YMCA and move from Baton Rouge, LA to Asheville, one of the primary concerns was "where can I swim?" Since I had been swimming with Scott Rabalais and the Crawfish Masters for more than seven years, part of my retirement planning was to continue competing. We had already investigated and found that UNCA and Warren Wilson College permitted residents to use their pools on a fee basis. That was a good step and very encouraging. But the next concern was "how do I find others who are swimming regularly so I don't have to work out by myself?"

I started swimming with the PEAK age group team and was accepted quickly among the other Masters swimmers. Their friendliness and encouragement were constant and motivational. Moving from a fairly large and highly organized team to an area that had no organized structure for Masters was worrisome. Fortunately, the people I swam with on a regular basis quickly overcame those concerns. Debbie Wilson, Ann Sims, Jimbo Cottam and Steve Barden in particular were very helpful in the beginning to keep me in the water and competing. I found the same warmth and support from all the Masters whom I have met at the various regional meets. Kemp Battle is our coach now and has really stabilized our program by providing regular workouts and team organization. Kemp is a highly motivated, thorough planner and exceptionally knowledgeable coach. We're fortunate to have him.

I appreciate the leadership of Jerry Clark and Fritz Lehman on the Board of the LMSC and the terrific ideas they implement to make our sport more fun. Having a dedicated and efficient registrar like George Simon is simply spectacular, too. Being part of the NC Masters National Team, swimming on relays, rooting for others in their events, and having them cheer for me when I'm in the water means a lot.

Thanks to all for a wonderful six years in the NC LMSC. I plan to continue competing for many years into the future. I now claim this as MY state and MY LMSC. My ultimate goal is "First heat, middle lane!!" I hope to be of some encouragement to other swimmers in order that they will join us and have as much fun and satisfaction as I've experienced.

# Across The Lanes

**From the Registrar's Lane**  
**By George Simon**

Dear Santa Swimmer,

I am a ten year old registrar (yes, I've been North Carolina's Registrar for ten years), and I've been a good boy this year, registering 720 swimmers, North Carolina's largest number of Masters Swimmers ever! While many ten year olds no longer believe in Santa, I still do. So I thought I might try one more year to give you my wish list. I hope my list is not too long, and you can deliver all of my wishes.

- I wish you would deliver 800 or more registrations by July of 2004. North Carolina didn't meet its 2003 goal of 800.
- I wish that all swimmers would renew before the end of 2003 when their 2003 registration runs out.
- I wish no one would call or send me an email the day before a meet asking me to receive their registration by fax and to charge their credit card so they can swim in the next day's meet. (I really don't have a fax machine, and am not set up to accept credit cards, but maybe Santa will bring me a fax).
- I wish everyone would check the box for newsletters via email or bulk mail, not to leave it blank.
- I wish everyone would sign and date their registration form so I don't have to mail it back. I've got to have signed and dated forms each year.
- I wish everyone would mail their form and not just a check.
- I really wish everyone would make their check payable to **the correct payee, LMSC for NC**, not USMS, not United States Masters Swimming, or not to me personally. Raleigh Area Masters swimmers should make their checks payable to RAM.
- I wish everyone would keep me informed when they change internet providers, my email is easy to remember, it is [registrar@ncmasters.org](mailto:registrar@ncmasters.org)
- I wish everyone who prints an email address would do so clearly so my old eyes could read it.
- I wish everyone would notify me of their address change if they move.
- I wish everyone a very happy holiday season and that 2004 finds you in good health and great swimming.

Santa, this is my list, **please check it at least twice.**

## PERFORMANCE APTITUDES AND ATTITUDES

### **No Pain, No Gain** by Dr. Jody Welborn

You wake up the morning after a particularly strenuous workout. Your muscles have that familiar ache which brings back the words of your childhood coach, "No pain, no gain. "Boy," you think, "I have gained a lot."

All of us have experienced the above scenario, but is the voice that echoes in your head speaking the truth? The answer is a resounding NO! Sore muscles are not the sign of a successful workout, but rather signify microscopic injury to the muscle, tendons, and ligaments.

What you are experiencing is known as delayed onset muscle soreness (DOMS). Even though DOMS has been investigated for decades, little is known about the actual cause, and many theories exist. The more common theories include the torn tissue theory which suggests that tears in the muscle fibers are the cause of the pain. The connective tissue theory implicates damage to the tendons and ligaments attached to the muscles. The inflammation theory states that DOMS may be the result of the attempts by the body to repair the damage that has been caused by the workout.

What we do know about DOMS is that the skeletal muscle is the only muscle type affected and DOMS can occur in any skeletal muscle. The muscles do not sustain long-term damage and ultimately performance is not affected. However, performance may be affected in the short-term, primarily due to pain, but also from temporary loss of affected muscle to produce force. DOMS is not due to the accumulation of lactic acid in the exercising muscles as lactic acid is removed from the muscle within an hour or two after the exercise, and DOMS usually occurs after 24 hours. Activities that require muscles to forcefully contract while they are lengthening such as running downhill, going downstairs, or lowering a weight (eccentric contraction) seem to result in the most pain.

Typically pain from DOMS occurs in the first 24-48 hours after exercise and peaks by 72 hours. The pain usually subsides by 5-7 days after the exercise.

Although most active adults have experienced DOMS, it is not a necessary part of your exercise program. Measures can be taken to avoid DOMS. Some of these measures include a thorough warm-up before exercise and with an adequate cool down at the end of the workout. The exercise program should be started with easy to moderate activity

intensifying gradually over time. Don't make abrupt changes in your exercise program, and always allow your body time to adapt.

If you do experience DOMS, there are measures you can take to relieve it. The principal measure is time. Just wait. The pain will go away in 5-7 days without treatment. Performing easy aerobic activity will increase blood flow to the affected muscles and this may improve the soreness. As always, use the RICE principle (rest and ice to the affected area) in addition to careful stretching and massage of the sore muscle. If the discomfort interferes with your usual activities, consider the use of non-steroidal anti-inflammatory medicines, such as aspirin or ibuprofen, but do not take more than is recommended on the bottle. Some recommend Vitamin C, as Vitamin C is needed to make connective tissue and has been reported to lessen the pain. If your pain persists longer than about seven days, or increases despite these measures, consult your physician.

Despite what your coach may say, pain after exercise is not an indication of a good workout and is not necessary for getting into shape. With a regular, carefully planned exercise program there can be gain without pain.

*Jody Welborn is a cardiologist from Portland, Oregon. Her medical experience includes a B.A. from the University of Oregon, MD. from Oregon Health Sciences University, internal medicine residency at University of Texas, San Antonio, and Cardiology fellowship at the University of Alabama, Birmingham. Jody is a member of three USMS national committees, including Sports Medicine, Fitness and Planning. She is also a Masters swimmer who swims with the Metro YMCA Masters in Portland.*



**Happy Holly Days**

# LMSC for NC

## Intensive Training Camp

November 7-9, 2003  
By Jerry Clark

For the last couple of years, the LMSC-NC Board has been discussing and planning activities to have our Masters experience more coaching. The Board decided to partially subsidize a high-quality coaching clinic. I suggested that a good model would be the annual Intensive Swim Camp held at Walnut Creek, California and led by Kerry O'Brien. Arrangements were made with USMS and Charlotte SwimMasters for additional financial support, and we were ready to go. The purpose of the Swim Camp is to provide race-specific training for competitors by putting them through an intensive workout to create the same psychological and physiological conditions that occur in the latter stage of races.

On Friday November 7<sup>th</sup>, Brian Stack (Oakland, CA), Kerry O'Brien (Walnut Creek, CA), Jim Miller (Richmond, VA) and Ty Segrest (Winter Park, FL) arrived in Charlotte. They were our professional coaches for this first (and hopefully annual) Masters Intensive Training Camp. Brian, Kerry, and Jim coach large Masters teams in their respective cities, while Ty (who is also an age group swim coach) specializes in the underwater videotaping of swimmers.

Thirty-eight NC Masters signed up for the weekend that commenced Friday evening with the Charlotte area swimmers being videotaped and critiqued by the three coaches. Oh boy, were the comments interesting as each participant left the video analysis. "Look down at the bottom all the way across and back"; "remember to roll my hips"; "be sure to set my elbows high in the catch phase of my stroke"; etc., etc. Everyone was excited about seeing themselves not only from the side but from a direct frontal view as well (plus a rear view for those doing breaststroke kicking).

The other participants arrived Saturday morning. Not knowing what exactly to expect, there was some apprehension about the first workout. We first did a set that helped us establish (a) our individual stroke count per 25 yards, (b) a pace per 50 that we felt comfortable with, and then (c) focus on swimming at the pace and stroke count we'd just established.

Kerry divided us into two groups with group one learning about tempo training by using a wafer size device (which was placed under our swim caps next to an ear) that beeped at whatever rate we selected. After establishing a tempo with which we were individually comfortable, we swam some descending 100s holding that tempo. Following that, we began to speed up the device's beeping and tried to swim another set of descending 100s at the faster tempo. While the swims became harder to accomplish as we worked through the set, it was a fascinating procedure to go through. Being so focused on experimenting and learning made the total distance swum go by unnoticed.

Meanwhile, group two started a tough set designed to help us decide our own best combination of fast stroke turnover with more powerful, but slower, strokes. Swimming a set of 5 x 200 @ 5:00 interval seemed easy on paper, but we soon learned how difficult this would become. We were to begin the first 100 of the 200 as fast as we could turn our arms over until we began to fatigue, then swim back to the 100 wall easy (most people began to feel fatigue coming on around 35 yards), rest ten seconds, take off for the second 100 in which we were directed to take slower but more powerful strokes until we began to feel fatigued (again, this seemed to happen at 30-35 yards), and then finish the remainder of that 100 swimming easily. This was a new experience for most of us, much harder to do than it sounds, but very productive. Throughout the morning, those being video-ed would move to the film lane for five minutes, be taped, and then return to their workout lane.

After surviving these fatiguing morning sets, we met with the coaches who analyzed our videotaped swims. We learned a lot, not only by having our own swims critiqued, but also by listening to the coaches while others were being evaluated. Everyone was noticeably enthusiastic about learning stroke and/or body position changes to improve their swimming.

Sunday morning's session began at 7:30. The clinic started with a half hour backstroke school (Jim), followed by a half hour breaststroke school (Brian), and then a half hour butterfly school (Kerry). Following the instruction and stroke drills the real workout commenced. We all did the same warm up set, after which we chose between mid-distance and distance workouts. The workouts for the groups focused on setting a pace, working hard doing some descending sets, then holding (or speeding up) the established pace when tired. The sets were intriguing, and once again we found ourselves immersed in the purpose of the workout rather than the overall yardage. This total focus is indicative of attentive, enthusiastic swimmers wanting to learn by experiencing what it's really like to race hard and hold on to (or speed up) a pre-set race pace. Everyone, especially the on-deck coaches were pulling for each other to "hang in there".

The Camp's workouts are included for your consideration. Try them with a group over a two-day period following a couple of rest days. Be sure to set some intervals that you'll have to work hard to make throughout the whole set (an interval is the time between sendoffs, not the swim time or the amount of rest time after a swim). Have some buddies do them with you as it's easier to push yourself with company.

We would like to have a similar, but less rigorous, clinic early next year. We'd probably have a guest coach pay more attention to 'doing it right' and learning to structure workouts for personal improvement over a selected time period, and pay less attention to getting worn down and trying to hold onto speed toward the end of the set. We hope we've ignited an interest that will spread to all swimmers young and older, fast and slow, experienced and beginners, throughout North Carolina.

**NORTH CAROLINA TRAINING CAMP/CLINIC**  
**NOVEMBER 8 AND 9, 2003**  
**WEEKEND FORMAT**

**Saturday Morning WARM UP:** (15 MIN)

SWIM -300 + 4 X 25 (3-COUNT SWITCH - 3 strokes then pause on side for 3 count)

SWIM -200 NEGATIVE SPLIT

PULL -200 (ROCK-N-ROLL - roll the hips while swimming at a moderate effort)

**SET I: STROKE COUNT + PACE** (20 MIN)

6 X 25 (ESTABLISH STROKE COUNT) + 3 X 50 (ESTABLISH PACE @ S.C.)

6 X 25 + 2 X 75

6 X 25 + 1 X 150

MAINTAIN SAME INT OF :25 OR :30 SEC /PER 25 THROUGHOUT

HOLD SAME STROKE COUNT AND PACE THROUGHOUT

EXTRA 30 SEC BEFORE THE 150

SET II:

**Group 1: TEMPO TRAINING** (30 MIN)

6 X 50 @ EZ INT - ESTABLISH SMOOTH/EZ TEMPO

3 X 100 @ MODERATE INTERVAL

- DESCEND THE 100 SWIMS MAINTAINING SAME TEMPO

3 X 50 @ EZ INTERVAL

- DESCEND TIME AS YOU INCREASE TEMPO BY (3)

3 X 100 @ MODERATE INTERVAL

- DESCEND INTERVAL AS YOU MAINTAIN SAME TEMPO

3 X 50 @ EZ INTERVAL

- DESCEND TIME AS YOU INCREASE TEMPO BY (2)

3 X 100 @ MODERATE INTERVAL

- DESCEND TIME AS YOU MAINTAIN SAME TEMPO

3 X 50 @ EZ INTERVAL

- DESCEND TIME AS YOU INCREASE TEMPO BY (YOUR CHOICE)

**Group 2: SPEED PLUS POWER** (30 MIN)

5 X 200 @ 5:00 - FIRST 100, GO OUT FAST STROKES TIL START TO

FATIGUE, THEN EZ FOR REST OF THIS 100. :10 REST. SECOND

100 - GO OUT WITH POWERFUL BUT SLOWER STROKES TIL START TO FATIGUE, THEN EZ FOR REST OF THIS 100.

4 X 75 DESCEND 1-3 + 75 BROKEN INTO 3 X 25 ON :30 (RECOVERY)

\*\*\*\*\* **ROTATE GROUPS**

**Sunday Morning**

**Stroke Schools** (90:00 MIN)

7:30-8:00 Backstroke School

8:00-8:30 Breaststroke School

8:30-9:00 Butterfly School

**Stroke Schools will consist of:**

20 Min. - Drill Instruction & Practice

5 Min. - Stroke Practice

5 Min. - Stroke Evaluation (Report Cards)

**WARM UP:** EVERYONE (17:00 Min)

ADVANCED S-400 NEG SPLIT K-200 NEG SPLIT P-300 NEG SPLIT

INTERMEDIATE S-300 NEG SPLIT K-150 NEG SPLIT P-250 NEG SPLIT

**DISTANCE OPTION**

**SET I: SWIM 3 X 700** (36:00 MIN)

INTERVAL OF 12:00 OR LESS

DESCEND 1-3

1) STRAIGHT SWIM

(Continued on page 5)

(Continued from page 4)

2) **BROKEN:** 7 X 25(:10 REST) 6(:10) 5(:10) 4(:10) 3(:10) 2(:10) 1

SUBTRACT 1:00 FOR 700 TIME

3 )**BROKEN:** 300(20) 200(20) 100(20) 100

SUBTRACT 1:00 FOR 700 TIME

**SET II: "MOP-UP" SET (6 MIN)**

6 X 25 AT (-1) STROKE COUNT + 3 X 50 SMOOTH @ EZ INTERVALS

**SET III: PULL 3 X 300/400 @ 5:30 (16:30 MIN)**

- DESCEND 1-3

**WARM DOWN:** 3 X (25 DRILL- 25 BUILD UP – 50 DECREASE SPEED) (6:00 MIN)

**APPROXIMATE DURATION: 1HR 25 MIN.**

**MID-DISTANCE OPTION**

**WARM UP:(17:00)**

**SET I: DRILL/ SWIM 6 X 50 (7:00)**

WARM UP STROKES FOR PACEWORK

**SET II: MAIN SET**

S- 3 X (150 FREE + 50 PACE) @ 3:30-4:00

\*\*\* DESCEND 150's 1-3

8 X 25 DRILL/SWIM

S- 3 X (125 FREE + 50 PACE) @ 3:30-4:00

\*\*\* DESCEND 125's 1-3

8 X 25 DRILL/SWIM

S – 3 X (100 FREE + 50 PACE (10) 50 PACE 50) @ 3:30-4:00

\*\*\* DESCEND 100's 1-3

**SET III: "MOP-UP" SET (4:00)**

2 X 75: 25 KICK/25 DRILL/25 SWIM

**SET IV: PULL STRETCH-OUT 400 (6:00)**

EACH 100: 25 "FINGER DRAG"/25 ALT BREATHE/ 50 SMOOTH

**SWIM DOWN 5:00 MIN.**

**APPROXIMATE DURATION 1HR.25 MIN.**



**The Camp Coaches and the aquatically challenged.**

## USMS 2003 TOP TEN FOR LONG COURSE METERS

NC Masters swimmers had a great year with some excellent results in the 2003 LC season. Congratulations to the following swimmers for placing in the USMS Top Ten for the 2003 Long Course season. Note: The issued list is Preliminary, and I went through the list manually, so I hope that I have not missed anyone's results. For more information on USMS Top Ten, visit the USMS web site at [www.usms.org/comp/tt](http://www.usms.org/comp/tt). Each person on this list is eligible to purchase a Top Ten patch with stroke segment. One stroke or relay segment comes with each patch; a patch with a relay segment costs \$5.00. Additional stroke or relay segments cost \$1.25 each. Make checks payable to Lake Erie LMSC, and send your information and the check to: [Tom Gorman](mailto:Tom.Gorman@lmsc.org); P.O. Box 43824, Richmond Heights, OH 44143

Special recognition is due to Fritz Lehman who set a **World Record** in the 100m Back, and a **National Record** in the 200m Back. Two Relay Teams also set **National Records**: the 280+ Medley Relay with Clarke Mitchell, John Kortheuer, Richard Kitchell, and Dick Webber. And the 360+ [!!] Relay Team of Boyd Campbell, Martin Rutter, Jim Scherbarth, and Harold Hoffman. Way to go!!

Other "All Americans" include Heather Hageman, Jeannie Mitchell, Andy Farrell, and Henry Stewart who placed first in the nation for their age group in one or more events. Also, a national 1<sup>st</sup> place went to the 160+ 200 Men's Freestyle relay, the 240+ Men's Medley Relay, and the 120+ Mixed 200m Freestyle Relay.

If your name or an event is missing from this list, please contact Alan Godfrey, 730 Parkham Lane, Raleigh, NC 27603-1787 (919- 755-3878) or email to [AFGodfrey@aol.com](mailto:AFGodfrey@aol.com).

Women	Name	Place / Event
19-24	Jennifer O'Reilly	3 <sup>rd</sup> 100m Back; 3 <sup>rd</sup> 200m Back; 5 <sup>th</sup> 200m IM.
	Doracy Robinson	10 <sup>th</sup> 100m Fly.
	Sarah Katz	3 <sup>rd</sup> 400M IM.
25-29	Taylor B Clarke	5 <sup>th</sup> 50m Free; 9 <sup>th</sup> 50m Breast; 4 <sup>th</sup> 100m Fly; 10 <sup>th</sup> 200m IM.
	Cynthia Nagle	8 <sup>th</sup> 50m Breast; 9 <sup>th</sup> 100m Breast; 8 <sup>th</sup> 200m Breast
30-34	Heather M Hageman	<b>1st 50M Free [28.14]</b> ; 3 <sup>rd</sup> 100M Free, 5 <sup>th</sup> 50m Back; 3 <sup>rd</sup> 50m Fly.
	Heidi Williams	4 <sup>th</sup> 400M Free; 4 <sup>th</sup> 1500m Free.
	Mary DeMilia	7 <sup>th</sup> 100m Breast; 7 <sup>th</sup> 100m Fly; 7 <sup>th</sup> 200m Fly; 5 <sup>th</sup> 400m IM.
40-44	Ruth Battle	6 <sup>th</sup> 50M Free; 6 <sup>th</sup> 100m Fly.
45-49	Robin Batchelor	7 <sup>th</sup> 200m Fly
50-54	Jennie Rogers	10 <sup>th</sup> 100m Fly
55-59	Jeannie Mitchell	<b>1st 100 M Back [1.29.03]</b> ; 3 <sup>rd</sup> 200M Back.
65-69	Sally Newell	6 <sup>th</sup> 50M Free; 5 <sup>th</sup> 50M Back; 3 <sup>rd</sup> 100m Back; 4 <sup>th</sup> 200m Back; 2 <sup>nd</sup> 50m Breast; 2 <sup>nd</sup> 100m Breast; 3 <sup>rd</sup> 200m Breast; 9 <sup>th</sup> 50m Fly; 3 <sup>rd</sup> 200m IM.
70-74	Suzanne Robbins-Bonitz	4 <sup>th</sup> 50M Back; 7 <sup>th</sup> 100M Back; 7 <sup>th</sup> 200M Back; 8 <sup>th</sup> 50m Breast; 6 <sup>th</sup> 100m Breast.
<b>Men</b>		
25-29	Mark Medendorp	9 <sup>th</sup> 100m Fly.
30-34	Eric Crankshaw	7 <sup>th</sup> 200m Free; 9 <sup>th</sup> 400m Free; 7 <sup>th</sup> 400m IM.
	Andy Farrell	2 <sup>nd</sup> 100m Free; <b>1st 200m Free [2.02.20]</b> ; 3 <sup>rd</sup> 400m Free; 3 <sup>rd</sup> 800m Free; 6 <sup>th</sup> 1500m Free; 4 <sup>th</sup> 100m Back; 3 <sup>rd</sup> 200m Back.
40-44	Henry Stewart	6 <sup>th</sup> 50m Free; 3 <sup>rd</sup> 100m Free; 6 <sup>th</sup> 200m Free; 8 <sup>th</sup> 50m Back; 4 <sup>th</sup> 50m Fly; <b>1st 100m Fly[1.01.64]</b> .
	John Mangrum	10 <sup>th</sup> 200m Fly.
45-49	Fritz E Lehman	3 <sup>rd</sup> 50m Back; <b>1st 100m Back [1.02.62 WR, NR]</b> ; <b>1st 200m Back [2.19.07 NR]</b> .
	John Klein	7 <sup>th</sup> 50m Back; 6 <sup>th</sup> 100m Back; 9 <sup>th</sup> 200m Back.
	Todd Dimsdale	9 <sup>th</sup> 100m Breast; 8 <sup>th</sup> 200m Breast.
50-54	Richard S Bober	9 <sup>th</sup> 50m Back.
	Robert Schmitz	3 <sup>rd</sup> 50m Breast; 4 <sup>th</sup> 100m Breast; 7 <sup>th</sup> 200m Breast.

## USMS 2003 TOP TEN FOR LONG COURSE METERS (Continued)

Men	Name	Place / Event
<b>60-64</b>	Bernard White	6 <sup>th</sup> 50m Fly.
<b>65-69</b>	Jerry Clark	2 <sup>nd</sup> 50m Free; 2 <sup>nd</sup> 100m Free; 3 <sup>rd</sup> 200m Free; 4 <sup>th</sup> 400m Free; 3 <sup>rd</sup> 800M Free; 4 <sup>th</sup> 50m Breast.
<b>70-74</b>	Clarke E Mitchell	10 <sup>th</sup> 100m Free; 10 <sup>th</sup> 400m Free; 3 <sup>rd</sup> 50m Back; 3 <sup>rd</sup> 100m Back; 4 <sup>th</sup> 200m Back; 4 <sup>th</sup> 50m Fly; 2 <sup>nd</sup> 100m Fly.
<b>85-89</b>	Fred Holdredge	5 <sup>th</sup> 50m Back; 3 <sup>rd</sup> 100m Back; 3 <sup>rd</sup> 200m Back.

Age Group	Relay Events	Place / Team Members
<b>Women</b>		
<b>100+</b>	200m Free	4th (Sarah Katz, Heidi Williams, Jennifer O'Reilly, Taylor Clarke.)
<b>100+</b>	200m Free	10th [Langdon Johnson, Julie Rashid, Doracy Robinson, Sarah Wilhelm]
<b>200+</b>	200m Free	3rd [Heather Hageman, Sally Newell, Jeannie Mitchell, Kim Stott]
<b>200+</b>	200m Medley	4th [S Robbins-Bonitz, Sally Newell, Kim Stott, Heather Hageman]
<b>Men</b>		
<b>160+</b>	200m Free	<b>1st [1.41.12] [Henry Stewart, Jonathon Klein, Fritz Lehman, Andy Farrell]</b>
<b>160+</b>	200m Medley	2nd (Jonathon Klein, Fritz Lehman, Henry Stewart, Andy Farrell)
<b>240+</b>	200m Medley	<b>1st [2.14.42] (Clarke Mitchell, Robert Schmitz, Bernard White, Jerry Clark)</b>
<b>280+</b>	200m Free	4th [Clark Mitchell, John Kortheuer, Richard Kitchell, Dick Webber]
<b>280+</b>	200m Medley	<b>1st [2.26.17 NR] [Clark Mitchell, John Kortheuer, Richard Kitchell, Dick Webber]</b>
<b>360+</b>	200m Free	<b>1st [7.38.40 NR] [Boyd Campbell, Martin Rutter, Jim Scherbarth, Harold Hoffman]</b>
<b>Mixed</b>		
<b>120+</b>	200m Free	<b>1st [1.50.28] (Mary DeMilia, Heather Hageman, Andy Farrell, Henry Stewart)</b>
<b>120+</b>	200m Free	7th ( Jon Klein, Cynthia Nagle, Fritz Lehman, Taylor B. Clarke)
<b>160+</b>	200m Medley	5th [Kim Stott, Fritz Lehman, Jon Klein, Heather Hageman]
<b>240+</b>	200m Free	3rd [Kim Stott, Sally Newell, Jerry Clark, Clarke E. Mitchell]
<b>240+</b>	200m Medley	3rd (Jeannie Mitchell, Sally Newell, Robert Schmitz, Jerry Clark)

### LMSC - NC Officers and Staff

<b>Chairman</b>	<b>Vice-Chairman</b>	<b>Past Chairman</b>	<b>Acting Secretary</b>	<b>Treasurer</b>
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## UPCOMING 2003 / 2004 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
<b>2003</b> Dec 31	Swim SCY in the New Year 2004	Univ of MD, College Park, MD	Cheryl Wagner, 202-387-2361(h), <a href="mailto:cherylw@crosslink.net">cherylw@crosslink.net</a> ;
<b>2004</b> Jan 24, 25	Charlotte Sunbelt SCY Championships	Charlotte, NC	Ken Johnson, (704/364-2141)
Feb 1	Tropical Splash, SCY	Alexandria, VA	Ray Novitske, 703-960-8199, <a href="http://www.alexandriamasters.com">www.alexandriamasters.com</a>
	7, 8	SC SCY State Championships	Mt. Pleasant, SC Steve Robling, 843.884.6321 steverobling@yahoo.com
	14,15	VA Masters Winter Invitational	Midlothian, VA Nancy Miller; 804.741.7077; nancymillr@aol.com
Mar 6	Frank Clark Masters SCY Open	Greensboro, NC	Craig Hertz; 336.207.0194 <a href="mailto:craig@staraquatics.net">craig@staraquatics.net</a>
	6,7	Maryland Masters Winter Meet	UMBC, Catonsville, MD Barbara Protzman, 410-788-2964(h), <a href="mailto:swimbarb@hotmail.com">swimbarb@hotmail.com</a>
	27, 28	Dixie Zone SCY Championships	Brentwood, TN
Apr 2-4	Colonies Zone SCY Championships	George Mason Univ, Fairfax, VA	Cheryl Ward, 703-359-5366, <a href="mailto:cherylaward@yahoo.com">cherylaward@yahoo.com</a> ;
	15-18	YMCA Masters National SCY Championships.	Ft. Lauderdale, FL See your local Y aquatics director; <a href="http://www.ymcaswimminganddiving.org">www.ymcaswimminganddiving.org</a>
May 1, 2	NC State Masters SCY Championships	Raleigh, NC	
Jul 31	Raleigh Area Masters LCM Invitational	Raleigh, NC	

## USMS 2004 CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
1/1/2004-1/31/2004	2004 USMS 1 Hour Postal Championship	Your Pool	Nancy Ridout, 415-892-0771, <a href="mailto:nancyridout@mindspring.com">nancyridout@mindspring.com</a>
4/22/2004-4/25/2004	2004 USMS Short Course Championships	Indiana University, Indianapolis, IN	Mel Goldstein, 317-253-8289, <a href="mailto:goldstein@mindspring.com">goldstein@mindspring.com</a>
6/3/2004-6/13/2004	10th FINA World Masters LCM Championships	Riccione, Italy	www.fina.org/ mastersnews_riccione04.html
6/12/2004	2004 USMS 5K Open Water Championship	Atlantic Ocean, Fernandina, FL	Edward Gaw, <a href="mailto:edginc@att.net">edginc@att.net</a>
8/12/2004-8/15/2004	2004 USMS Long Course Championships	Savannah, GA	Scott Rabalais, 912-927-7016, <a href="mailto:scottrabalais@compuserve.com">scottrabalais@compuserve.com</a>



**Frank Clark Meet hosted by TMS**  
**March 6<sup>th</sup>, 2004**

**Sanction:** Sanction by LMSC for NC for USMS, Inc. Sanction # 134-02

**Meet Director:** Craig Hertz (336-207-0194); [iuswimr@aol.com](mailto:iuswimr@aol.com), [craig@staraquatics.net](mailto:craig@staraquatics.net)

**Facility:** Grimsley High School Pool. 801 Westover Terrace, Greensboro, NC. 25 yard, 8 lane racing course with attached diving well. 6 lanes will be used for competition, with one buffer lane and one warm-up/down lane attached to the diving well.

**Eligibility:** Swimmers *must* register with USMS as of the 1<sup>st</sup> day of the meet as determined by the Registrar of NCMS. NO EXCEPTIONS. USMS rules govern the meet.

**Deadline:** Entries must be received by mail (to meet director) by Midnight on February 27, 2004. Entries received after this time and date will be handled as *deck entries*.

**Fees:** \$5.00 meet surcharge. \$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 and Awards:** Individual events will be scored 9-7-6-5-4-3-2-1. Ribbons given to top 8 finishers in each event.

**Seeding:** All events will be seeded by sex and time, with the exception of the following events: 500 freestyle and 1650 freestyle. These events will be seeded by time only with sexes combined. All events will be seeded slow to fast, except the 500 freestyle and 1650 freestyle which will be fast to slow. "No Time" will be placed in slow heats. Meet Director reserves the right to combine sexes in any events. There will be positive check-in for the 500 and 1650 freestyle events.

**Schedule:** Warm-ups will begin at 8am with the first event starting at 9am. Dependent on entries and timeline 5-10 minute breaks may be included in the event order per Meet Director. **\*\*You must always enter the pool feet first (during warm-ups) except in sprint lanes.**

# Frank Clark Meet Entry Form (Revised)

March 6, 2004

\*\*Please Print Legibly

Name: \_\_\_\_\_

Team initials: \_\_\_\_\_

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

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

Sex: M\_\_ F\_\_      Age: \_\_\_\_\_      D.O.B.: \_\_\_\_\_      USMS Number \_\_\_\_\_

Day Phone: \_\_\_\_\_      Email (please print legibly): \_\_\_\_\_

Women	Time	Event	Time	Men
1	_____	200 Mixed Freestyle Relay	_____	1
3	_____	500 Freestyle	_____	4
5	_____	100 Butterfly	_____	6
7	_____	50 Backstroke	_____	8
9	_____	200 IM	_____	10
	_____	Break	_____	
11	_____	200 Freestyle	_____	12
13	_____	50 Breaststroke	_____	
15	_____	100 IM	_____	16
17	_____	50 Freestyle	_____	18
	_____	Break	_____	
19	_____	50 Butterfly	_____	20
21	_____	100 Backstroke	_____	22
23	_____	100 Breaststroke	_____	24
25	_____	200 Open (Strokes)	_____	26
27	_____	100 Freestyle	_____	28
	_____	Break	_____	
29	_____	200 Mixed Medly Relay	_____	29
	_____	Break	_____	
31	_____	1650 Freestyle	_____	32

Number of events: \_\_\_\_\_ x \$3.00 each = \$ \_\_\_\_\_  
 Meet Surcharges: \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_  
 Total: \_\_\_\_\_ = \$ \_\_\_\_\_

Make Checks payable to Triad Masters Swimming (TMS) and mail to:      Craig Hertz  
 1801 Wright Ave.  
 Greensboro, NC 27403

**Read and Sign this Release from Liability:** I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS 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: \_\_\_\_\_

# 22<sup>nd</sup> ANNUAL

## CHARLOTTE SWIMMASTERS SUNBELT CHAMPIONSHIP

January 24-25, 2004

- Sanction:* Sanction by LMSC for NC for USMS, Inc. Sanction # 134-01
- Meet Director:* Ken Johnson (704/364-2141)      *Meet Referee:* Marty Fehr
- 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. 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 email or regular mail to Jerry Clark (704) 334-6223 by 5:00pm January 16, 2004. Entries received after this time and date will be handled as **deck entries**. Email entries must list name, address, birthdate, age, USMS reg number, events you will swim with seed times for those events. You must sign a waiver and make payment upon arrival at meet.
- 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 due to weather conditions.**
- 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**.  
Saturday afternoon: Warm up **11:30am**; first heat event 5 starts **12:30pm**.  
Sunday morning: Warm up **8:00am**; first heat of event starts **8:45am**.  
*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* Location to be determined. 6:30 Saturday. Please reserve space when mailing entry. Maps will be at pool.
- LMSC Meeting:* **Saturday January 24, 2004 immediately following afternoon events. All officers and team reps are urged to attend.**

# SUNBELT CHAMPIONSHIP ENTRY FORM

Sanction No. 134-01

*please print legibly*

Name \_\_\_\_\_ Team initials \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Sex: M \_\_\_ F \_\_\_ Age: \_\_\_ Birth Date: \_\_\_\_\_ Day Phone: \_\_\_\_\_

E-mail address (please print legibly) \_\_\_\_\_ 2004 USMS registration number: \_\_\_\_\_

## Saturday January 24, 2004, 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 24, 2004, 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	_____	9
10	_____	100 yd Backstroke	_____	11
12	_____	400 yd IM	_____	12

### Break

13	_____	50 yd Freestyle	_____	14
15	_____	25 yd Butterfly - novice *	_____	16
17	_____	200 yd Breaststroke	_____	18
19	_____	200 yd Freestyle	_____	20
21	_____	100 yd IM	_____	22
23	_____	200 yd Mixed Medley Relay	_____	23

## Sunday January 25, 2004, Warm up 8:00am, Meet start 9:00am

24	_____	100 yd Butterfly	_____	25
26	_____	50 yd Backstroke	_____	27
28	_____	25 yd Freestyle - novice *	_____	29
30	_____	200 yd IM	_____	31
32	_____	100 yd Breaststroke	_____	33

### Break

34	_____	200 yd Mixed Free Relay	_____	34
35	_____	200 yd Backstroke	_____	36
37	_____	100 yd Freestyle	_____	38
39	_____	25 yd Breaststroke- novice *	_____	40
41	_____	50 yd Butterfly	_____	42
43	_____	200 yd Freestyle Relay	_____	43
44	_____	500 yd Freestyle	_____	44

**\*ONLY SWIMMERS IN THEIR FIRST MEET MAY SWIM NOVICE; NO POINTS AWARDED**

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

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 participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS 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: \_\_\_\_\_