



THE CHAIRMAN'S LANE

by Fritz Lehman

I think this every year about this time, but it's hard to imagine that another short course season is finished. It seems like they swim by quicker and quicker as I get older.

The USMS Short Course National Championships were this past month in Tempe, Arizona, and sixteen swimmers from NCMS competed. There were many outstanding swims which are recapped elsewhere, so I won't try to mention them all. I will, however, point out a couple of things that need mentioning.

Several NC swimmers competed in their first national meet. They are, in no particular order, Phil Marsom, Todd Dimsdale, Todd Desorbo, Greg Zoltners, William Davis, and Robert Schmitz. Each of you represented us well whether in individual or in relay events. I hope you had a good enough time to enter another soon and will tell anyone else thinking about competing in a national meet what a good time you had.

Thanks to Heather Hageman who seemed to be all over the pool cheering for whoever was on the blocks. Congratulations to Mary Sansbury who broke a record every time she swam. Thanks to Andy Farrell for **finally** registering with NCMS even though he lives in Florida. Welcome back Jon Klein. As always, thanks to my idols Dick Webber, Clarke Mitchell, and Suzanne Robbins-Bonitz.

The State Championship meet was held in May and hosted by the Raleigh Area Masters. There was a good turnout with many new faces to go with the usual crowd. Thanks to the RAM crew for volunteering your time to manage the meet. One very big thing I want to point out is that this year the winning visiting team was Western North Carolina YMCA Masters (WNCY). This is the first time I can remember that a team other than RAM or Charlotte Swim Masters earned one of the top two spots at the state meet. They came in force, had a plan and took away the visiting

Across The Lanes

team title. They also told me they are going to be even bigger next year. I point this out to all the teams to emphasize what can happen with some organization and coaching. Kemp Battle and crew are a growing force in North Carolina Masters Swimming.

This year is an election year for all LMSC positions. I'm going to be approaching some of you to see if you'll serve a two year period. If you have an interest in being as an LMSC board member, let me know. It's a valuable experience in which you can have an impact on the LMSC.

If you are going to Rutgers this summer and haven't already let me know, send me an e-mail at lcnat@yahoo.com. I'm trying to compile a list of who's going, when they are arriving, and where they are staying. I'll also try to put people together that want to share rooms. It's going to be a big meet.

Make your plans now.

If you aren't going to Rutgers then try to support the X-Men Open Water Swim in Wilmington in August. I've swum the course the last two years even though it catapults me beyond my pain threshold of 60 seconds. If you've never entered an open water swim, this is a good one in which to start. It's also a great excuse to head for the beach.

Kevin Facchine, please come back!



THE ACTING SECRETARY'S LANE

by Jerry Clark

Minutes of the May 3, 2003LMSC meeting
Raleigh, NC

Present: Suzane Robbins-Bonitz, Jerry Clark, Mitch Mitchell, Bev Amick, Norm McCartney, Bernie White, Ceil Blackwell, George Simon, Sue Haugh, Jay Holshouser, Fritz Lehman.

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Chairman Lehman announced that Sally Newell has resigned as Secretary of our LMSC. Jerry Clark was appointed Secretary for the remainder of this year.

The minutes of our last meeting were approved.

Jerry Clark distributed the Treasurer’s Report, which reflected income and disbursements since he became Treasurer in February, 2003. Income was \$13,706.57 including \$4,382.35 from cashing a Certificate of Deposit from Wachovia). Disbursements of \$7,826.58 (of which \$6,000.00 was for purchasing a new Certificate of Deposit from Bank of America). Our bank balance at Bank of America as of the date above was \$5,879.99, and added to our CD, totals \$11,879.99.

Our Registrar George Simon told us we have 638 registered swimmers as of this date, and he gave us a breakdown of the numbers in each chapter.

By-laws were discussed. Mitch Mitchell is to continue to draft proposed revisions for board members to review and comment on. Fritz is to help Mitch with this.

Under Unfinished Business, Patty Waldron (MAC in Charlotte) was to have written a draft definition of what a “coach” is for NC Masters. However, Patty was not present at this meeting. Jerry is to contact her to ask her to continue with this task.

A proposed USMS Coaches Clinic was discussed. The dates are November 8 & 9, 2003 and the location is the Mecklenburg County Aquatic Center in Charlotte. The motion was moved, seconded and approved for Jerry Clark to continue to try to arrange for coaches and underwater filming, etc., but to not let the amount to be contributed to this clinic by the LMSC for NC be in excess of \$1,500.00. Jerry will try to minimize the cost exposure to the LMSC for NC, and will send a report to all officers as soon as possible. Fritz is to look into other methods of underwater filming with Jerry.

The EAST-WEST competition meet needs to be

put together, and Fritz will decide where the dividing line in our state will be for determining which people will swim for which side of the state. Fritz will make up an Order of Events for both sides to use as they swim in their respective pools simultaneously on the meet date.

George Simon and Jerry Clark were approved to be our delegates to the United States Aquatic Sports Convention September 10-14, 2003 in San Diego. Our LMSC is willing to send 3 people, and Mitch Mitchell is to consider attending. Jerry is to find out if his expenses will be paid by USMS because he is Vice Chairman of the Championship Committee.

Having an Annual Meeting was discussed, and we agreed that it should be this fall at a place and time to be determined by Ceil Blackwell and Fritz Lehman. A central place in the state is desired, and we hope to be able to take enough time to thoroughly discuss all matters of our LMSC. Elections for 2 year terms will take place at the Annual Meeting. Fritz is to appoint a Nominations Committee.

George Simon requested we spend \$100 to buy the internet address “ncmasters.org”. The motion was moved, seconded and approved.

The meeting was adjourned.



United States Masters Swimming Executive Committee Mid-Year Reports

Six months after each United States Aquatic Sports / United States Masters Swimming Convention the USMS Leadership reports on their activities since the convention in their Mid-Year Report. The following is just a small sampling to provide you with a insight to the year-round work the USMS leadership undertakes on our behalf. The entire report is located at:
<http://www.usms.org/admin/nycu2003spring.pdf>

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PRESIDENT
Jim Miller, MD

I have had the honor in representing USMS in many of the United States Aquatic Sports meetings. We are receiving more attention due to our bid to FINA for the 2006 World Championships. I have a meeting in Chicago the weekend after Tempe, dealing with this and other topics. I am also in communication with the other aquatic disciplines to determine their needs for a world class event. This bid will include Masters Water Polo, Synchronized Swimming, and Diving.

I serve as the moderator of the Data Base Task Force. The members of this task force have spent untold hours directing USMS along a path that will make the communication within our organization much easier. I feel that we owe it to our volunteers to make their jobs as easy and streamlined as possible. The permanent ID numbers went into effect this year. As our experience with this system grows, we may be able to look at truly permanent numbers that do not have a dated component. At this time the constant movement of members in and out of USMS makes it difficult to keep up with them without a date related component.

The theme of last year's convention was to initiate the process of linking committees with similar themes so that they would see their similarities and begin to forge links between them. We recognized that projects such as FINA Worlds will take considerable joint tasking to be successful. This year we will take that theme the next step and configure the convention so that these teams of committees will be able to continue to work together by aligning them so that they do not conflict within the teams. The available committee time has been substantially expanded in response to the feedback that we received last year.

Finally, I would like to thank the other members of the Executive Committee as well as our national office and our Legal Counsel for the incredible job that they do for all of us. As the burdens of leadership increase, their personal sacrifices also increase to meet the demand of leadership.

VICE PRESIDENT
Scott Rabalais

I have been intensely involved in the task of creating and promoting a set of core objectives that would serve as guiding principles for our organization's administration. In the coming months, all USMS members will be reading more about these purposeful ideas in SWIM Magazine.

PAST PRESIDENT
Nancy Ridout

The 2003 USMS High Altitude Training Camp was held February 1-5 at the Olympic Training Center in Colorado Springs. It was one of the best camps yet! Twelve swimmers from across the United States and five staff spent 5 days being tested, learning from experts, and practicing new skills under the skilled eyes of coaches Mike Collins, Kris Houchens, Scott Williams and ROM specialist and CPT Steve Thompson. The involvement of USA Swimming was outstanding and liaison John Walker suggested new ideas and procedures that worked out very well. Our athlete rep was Cristina Teuscher who spent 2 days talking with our athletes and participating in the scheduled program for the day.

USMS DATABASE ADMINISTRATOR
Esther Lyman

The addition of the permanent ID to the membership number seems to have been incorporated painlessly (mostly :-), and even transfers from one association to another are working out smoothly. With the major upgrade in the registration software and the necessity to perhaps actually read the manual, both established registrars and our many newbies (to the process or the software, or both) have found that many of the available functions can help streamline their work. Capturing one-event information electronically instead of just on paper makes it easier to keep back-ups of the information, and perhaps do follow-up recruiting.

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**USMS COMMITTEE
MID YEAR REPORTS
CHAMPIONSHIP
Barry Fasbender, Chair
Jerry Clark, Vice Chair**

2003 LCM Nationals at Rutgers University in Piscataway, New Jersey: Jerry Clark is the liaison for these nationals and Lisa Watson is the liaison in training. This meet is not too far from Baltimore, where we had a record setting 1380 swimmers for Long Course Nationals in 2000. Therefore, we are having a five-day meet instead of the standard four-day meet. The meet will be deck seed and heat sheets available for the swimmers each morning except for the distance day.

2004 SCY Nationals in Indianapolis, Indiana: Sandi Rousseau is the meet liaison for Indy.

2004 LCM Nationals in Savannah, Georgia: Lisa Watson is serving as the liaison for Savannah.

2005 National Championship Pool Venues: Jeff Roddin has sent out a letter to major aquatic facilities encouraging them to consider bidding for either of our championship meets. He is in the process of sending out letters to the local LMSCs requesting that they encourage potential host to bid.

2005 Bids: Possible interest from Coral Springs, Florida (short course), Orlando, Florida (short or long course), Sarasota, Florida (short course), and Mission Viejo, California (long course).

Entry Processing Workbook: Sandi Rousseau has completely updated our Entry Processing Workbook. This workbook assists the host in adopting a consistent process for handling meet entries and anticipating the type of inadequacies and problems to expect when processing entries.

**INTERNATIONAL COMMITTEE
Phillip Whitten, Chair
Myriam Pero, Vice Chair
Shannon Sullivan, Vice Chair**

The International Committee continued to focus its energies on preparing a bid to host the 2006 Masters World Championships.

2006 WORLD CHAMPIONSHIPS

If held in the United States, the 2006 FINA World Championships would likely be the largest swim meet of any kind ever held. Judging from conversations with FINA officials, FINA is likely to look favorably on a bid to hold the meet in the USA in 2006. The last time the meet was held in North America was in 1994, in Montreal. The 2004 meet is scheduled to be held in Europe (Italy). The facility requirements for a meet that should attract a *minimum* of between 6,000 and 7,000 athletes eliminate all but a handful of pool complexes in the US.

We will need two world-class 50-meter pools, a warm-up/warm-down pool, plus facilities for open water, diving, synchronized swimming and water polo. The meet will last an estimated 14 days, including two training days, so these facilities must be available for our exclusive use for those two weeks plus an additional day afterward for cleanup.

Recently, I held extensive conversations with USA Swimming officials about potential facilities. We could identify only five facilities that could meet our requirements:

- Stanford University
- Irvine Novaquatics
- IUPUI
- Plantation, Florida
- Mesa, Arizona

In addition, it is possible that the new ISHOF complex in Pompano Beach, perhaps in conjunction with the Ft. Lauderdale complex, might be a sixth possible site.

Key points:

- USAS will be the bidding organization and USMS will be the lead in this bid process;

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- Each sport (Masters Swimming, Water Polo, Diving and Synchronized Swimming) would be the organizing committee and provide insurance coverage for its sport;
 - USMS will bring the bid to USAS and USAS will submit it to FINA. Bids will be reviewed and awarded at a FINA Bureau meeting in March or April of 2004;
 - Jim Miller will be meeting with USAS in Chicago on May 24th and will present our progress;
 - At this time, we do not know of any other countries considering bidding for this meet.
- The preliminary budget, required by FINA, will exceed \$100,000. Jim Miller sees the XIth FINA World Masters Championships 2006 – as a "Masters Aquatic Festival," with the event more of a festival than simply a meet. Ideally, it would contain a central kind of community of athletes, similar to an Olympic village, and offer nontraditional, "non competitive" programs and presentations

SWIM MAGAZINE EDITOR
Bill Volckening

The last six months have been very productive. Since the last convention we have continued to serve our members by planning, generating and editing contents for the National Publication, SWIM Magazine. We have facilitated increased communication between USMS and Sports Publications (publishers of SWIM Magazine), and between the many administrative leaders within USMS. SWIM Magazine continues to function as the primary print-media communication between the national organization and our members.

This year, in addition to all of the regular tasks associated with this position, I have been in the process of updating my home office, and upgrading from PC to Macintosh equipment. Since Sports Publications uses Macintosh equipment, this change will ultimately foster better electronic communication between my office and Sports Publications. In the past, exchanging files via e-mail has sometimes been challenging, especially when files must be fully formatted before they go to SWIM.

As mentioned in previous reports, our shared goal is to educate, entertain, inform and uplift our readers. The complete list of discussions and projects that have taken place since last convention are too numerous to list, but it includes daily contact with USMS members, committee chairs, LMSC officers and administrative leaders. Currently, I oversee the production of at least half of the material for each issue of SWIM Magazine.

US OLYMPIC COMMITTEE LIAISON
Hill Carrow

Another excellent Masters camp this year at the US Olympic Training Center. As has become the norm, the USOC has had yet another leadership change, with a new Acting CEO Jim Scherr. I know Jim well and have begun a dialogue with the new leadership. Also, the USOC is in the midst of perhaps its most drastic organizational changes ever. On the table is a proposal to reduce their Board of Directors from over 100 to only 9. This has been recommended by a USOC Internal Task Force. Congress has its own task force working on organizational changes. But if all stays on course, these changes will be approved no later than October.

USMS LIAISON TO USA TRIATHLON
Cindy Hawkinson

What a challenge, establishing a relationship with USA Triathlon. A natural blend yet such different ways of thinking when it comes to swimming. USMS has primarily been a competitive swimming organization. Yet, we have always recognized that there are many, many fitness swimmers out in our community who love to swim just for the fun of swimming and getting into shape with others. Now, we have another type of athlete, with a different agenda and competitive season – triathletes. They are a different breed of swimmer. But, swimmers they are during the first leg of a triathlon. Their goals are much the same as all athletes. Their focus is to excel in their sport, but at the same time many view the first leg i.e. the swim as the least enjoyable. Joining a Masters team will definitely help them in that leg of the race. Now, the challenge – convincing them.

PERFORMANCE APTITUDES AND ATTITUDES

NC Masters Tales From Tempe, AZ

Several NC Masters who competed in the 2003 USMS SCY Championships tell of their impressions of and experiences at this major event. Their reports in alphabetical order follow:

George Coxhead

Neat part of the country to host the meet. Officials and volunteers did an outstanding job running the meet: very efficient. It was hard to connect with other NC teammates because of the sheer number of swimmers in a small space. With the heat over 100, my wife and I were just trying to find shade and survive between events. The relays were fun. I am pleased with my times. I really don't think I could have swum any faster for me. What was eye-opening and humbling was how fast the competition was. The depth of the field was impressive as well. All-in-all, the event was a great experience for me.

Todd Dimsdale

As many of you know, after seventeen years out of competitive swimming, I have taken the plunge and returned to it. A merry band of water warriors from North Carolina recently struck out to Tempe, AZ for the Masters National Championships. We had a great time, swam really fast, and learned a lot about swimming and ourselves. I would like to share some of my observations with you.

OK. This has been completely overdone, but this is the way it came into my head. Here are:

The Top 10 Things I Learned at Masters Nationals

10. One CAN run a successful meet with 2000 participants. This was a logistical masterpiece (but why were there so many EMTs hanging around the pool?)

9. A Masters meet has as much giggling as an age group meet

8. Excellence has no age limit

7. Be careful. That stud/babe could be old enough to be your father/mother

6. Yes, there are different teams at the meet, and we all try to win, but there is an even stronger sense that everyone at the meet is on the same team. Support and encouragement come from everywhere and everyone. There is a wonderful sense of community here.

5. One CAN get better as they get older. There were 70 year-olds beating their childhood times.

4. How's this for a mind bender? Imagine swimming the 100 free faster than your age.

3. To swim fast at a meet, one must practice swimming fast. I swam faster at this meet not because I was stronger or tapered more, but because I had the mental and physical experience of my first meet in 17 years two weeks before.

2. There is nothing like going out with your friends and celebrating a successful meet by kicking back and taking the edge off with four ibuprofen and a gatorade chaser

1. Don't pass up the chance to be inspired. There is a special story of perseverance/overcoming obstacles/dedication in every swimmer at the meet.

And here's how I did:

Top 5 Personal Accomplishments

5. Fifth in the 50 breast (29.62). Breaking 30 was awesome. Can think of several technical things to work on to make it faster.

4. Second place in the 200 breast (2:20.92). Pleased with my ability to emphasize the third 50 while training only 3 hours a week. Would have been more fun with goggles in place rather than diagonal across the face. It was very exciting to have a close race for the championship.

3. No injuries!!

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2. Second place in the 100 breast (1:03.08). This was probably my best swim of the meet. Within sight of National record and personal best (which, oddly, are exactly the same time (1:00.65)). I really think that's within reach.

1. Got to know some interesting, funny, supportive, inspiring folks who will be friends for a long time.

Many thanks to Jon Klein for being the logistical ring-leader and putting together the relays, which were as much fun as in the old days. Many thanks to Greg Zoltners for being surrogate coach and reality check guy. And many thanks to Bob Schmitz, team philosopher, auto logistics, and one of those guys who actually looks great without hair on his head.

And especially, many thanks to everyone who has supported me in doing this crazy thing.

Phil Marsom

As a first timer to the USMS Nationals my recollections seem to be like snapshots of specific happenings. To try and view the contest as a whole is quite overwhelming. This event was just incredible. (HUGE) Here is my top-ten list.

Highlights:

1. I improved all six of my times. Whether this was the result of shaving, (for the first time in 23 years) or the pool, or the competition, or my taper doesn't really matter. What matters is the improvement, and that I can use this as a training motivator for this next year.
2. Participating on the 45-49 Men's Medley relay and finishing third. All of us swam to our potential, and we finished up there with the Big Boys from Arizona and Colorado. And the bigger medal was nice to get as well! This relay will be tougher to qualify for next year (with Fritz aging up), but once again I can use this as a motivational tool.
3. The bulk of my family lives in Arizona so it was wonderful getting to see them. Being around family helped me keep the competition in its proper perspective. Swimming is important, but it is not THAT big of a deal.
4. I met my goal of finishing in the top ten in the 50 Back.
5. I talked a bit with Ron Johnson, my former AAU coach whom I hadn't seen since 1977. I also managed

to beat him in our common events. (no small feat)
6. My father videotaped my first four races. This was the first time I have seen myself swim as a Masters swimmer. This feedback will prove to be tremendously helpful. Maybe we can hire a videographer for some of our local meets.

7. 100 degrees in the shade IS hot. I'll never complain about a hot/humid indoor pool again.

8. It seemed like all 2000 contestants always were warming up when I wanted to. Even with this large venue there needed to be more water available.

9. The limited number of commodes was definitely an issue; especially when pre-race nerves hit.

10. Thanks to Jonathan, Todd, Robert, Fritz, and George for their encouragement. The only thing I missed at the meet was having a beer, or two, with this bunch. Maybe next year!!

Bob Schmitz:

As a breaststroker who wanted to go under 30 (sec) over 50 (years old) the race order was perfect for me: 200 the first day, 100 the next, and my "ego event" the 50 on the 3rd. Since Feb 1 I've swum eighty-five miles, changed my diet to the "Jon Klein-don't-eat-the-white-stuff-modified-Zone diet", taken creatine, lifted weights, done core exercises, learned a new start, and worked on my stroke technique. I also lost twenty pounds, tapered, shaved (even my head, what the heck) slept well, warmed up, eaten my power bar, and thought about my race.

Now I'm on the blocks, and the horn goes off. "It's a 200, just stretch it out for 100, maintain for 50, then bring it home." At the 50, 100, and 125 I'm ahead of the pack, the announcers calling me "outside smoke." That's cool. Then I die. I'm out in a 1:07 and back in 1:20, finishing 6th. I didn't like dying but think that since I did in a 1:07 while stretching out I must have a 1:05 in me the next day.

Wrong. I had a 1:07 in me the next day.

One final day for redemption. 50 breast: dive, yank, crank, touch, look up: 30.17. Well, there is always 2004.

And besides, the best part was all the practices, feeling

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strong, being with my buddies, being at a meet where everyone's a winner, doing my best and knowing that once in my life, for a moment at least, I was "outside smoke."

Dick Webber:

Very well run meet, morning heat sheets helped know, who and when swimming!

Very damn hot, over 100 most days (timers had to poor water on black starting block pads, every race). Can't imagine living in that area.

Facility lacking: not enough (men's toilets).

Nationals most fun when you are involved with relays. (Two of our relay guys had to cancel due to family emergencies.)

Need an NC banner at Nationals to encourage group togetherness. Many teams had their own covered tent space.

Social event was well worth the \$10 price and \$2.00 beer.

Better than expected results (one week shy of 74 in 70-74), still swam a second in 50 free, and 3rd (behind Mitch's second) 50 fly.



USMS Long Course National Championship

August 13-17, 2003

Rutgers University

By Jerry Clark

Hello fellow NCMS swimmers. This is being written June 14th, well before we know who will be entered in the LCN meet at Rutgers. In order to make the newsletter deadline, I had to prepare this article now.

I hope a lot of us will have decided to go racing again; we always have fun as a team, and we always seem to be in the hunt for one of the top three women's, men's and combined teams at every national meet. It's thrill-

ing to either be on a relay team or pull for our NCMS teammates; experiencing it in person makes my words seem trite.

Here is some basic information that may be of benefit. First, the campus on which the Sonny Werblin Recreation Center (the site of the meet) is located is the Busch Campus in New Brunswick, NJ. Check things out at "rutgers.edu" on the web, clicking on Visitors & the Public on the opening page. On the next page, under Come to Visit, click Maps & Directions for directions from the Newark airport. On the next page, under New Brunswick Campus, click Maps, and you'll see the Busch Campus and the Livingston Campus. If you click on the Busch Campus map, it will enlarge to a readable size. The Sonny Werblin Center is 30-45 minutes south of the airport. Parking is plentiful and free.

Second, we plan to use online check-in (for participating in the events, not for registering when you arrive at the venue) to assist people entering "tomorrow's" events on the day they're traveling to the meet. The traditional paper check-in at the meet will be in effect too. We will assign people to Henry Stewart for checking-in at this meet so we can watch him win the 50 free!

Third, this could be a heavily attended meet. It's in the most populated area in the country. We could be in for long days. Come with an open mind about this so you won't be surprised or upset if this is the case. I'm sure we will use flyover starts, and its possible we will have chase starts if the timelines seem long. Those decisions will be made after entries are closed on July 9th. We've prepared for this to some extent by having the first event of each day begin at 7:00am.

Fourth, the meet director has some neat services in stock for us. The most visible one will be a live TV feed of the meet in order that swimmers can keep up with the meet while snacking or shopping at the vendors' booths. Another one is an outdoor prefabricated warm-up pool (a la Hill Carrow's 1992 national meet in Chapel Hill). There will be a computer café, a large massage area and lots of swimmer friendly food.

I'm looking forward to being with the NCMS swimmers again.

NC Combined Masters Team Finishes Third at the 2003 USMS SCY National Championships

Tempe, AZ, May 15-18, hot, flat, dry, all the buildings are shades of pinkish tan with dark green highlights, just like the surrounding desert. But one 200ft high bundle of rock sprouts up with a huge white "A" on it for Arizona State Aquatics. I guess that marks the spot of the swimming complex in case you get lost. The complex has four pools, two for racing and two for warming up and down. Almost 2,000 swimmers of all shapes, sizes and ages, Adonis's and muses, musclemen, pretzels and a few pears buzz about. Most are shaved, tapered and ready to show themselves what they can do. (Courtesy of Bob Schmitz)

AGE GROUP

MEN	SWIMMER	PLACE / EVENT / TIME
25-29	TODD DESORBO	4th / 100 Bk / 52.92; 2nd / 200 Bk / 1:52.85; 3rd / 200 IM / 1:55.13; 2nd / 400 IM / 4:08.62
30-39	ANDREW FARRELL	14th / 100 Fr / 48.88; 6th / 200 Fr / 1:44.71; 4th / 500 Fr / 4:51.42; 3rd / 1000 Fr / 10:16.42; 12th / 100 Bk / 55.82; 5th / 200 Bk / 1:58.77
35-39	WILLIAM DAVIS	42nd / 50 Fr / 25.45; 40th / 200 Fr / 2:03.13
	GREG ZOLTNERS	43rd / 100 Fr / 57.22; 42nd / 200 Fr / 2:05.00; 26th / 50 Br / 31.55; 25th / 100 Br / 1:09.63; 20th / 200 Br / 2:32.75; 41st / 200 IM / 2:23.80
40-44	FRITZ LEHMAN	3rd / 50 Bk / 24.90; 1st / 100 Bk / 52.91 ; 2nd / 200 Bk / 1:57.52; 10th / 50 Fly / 24.36; 9th / 100 Fly / 54.76; 4th / 100 IM / 54.93
45-49	TODD DIMSDALE	28th / 100 Fr / 53.02; 5th / 50 Br / 29.62; 2nd / 100 Br / 1:03.08; 2nd / 200 Br / 2:20.93; 11th / 200 IM / 2:11.40
	JONATHAN KLEIN	14th / 50 Fr / 23.18; 13th / 100 Fr / 51.02; 4th / 50 Bk / 26.68; 5th / 100 Bk / 57.01; 8th / 200 Bk / 2:07.75; 7th / 50 Fly / 25.10
	PHIL MARSOM	30th / 50 Fr / 24.25; 7th / 50 Bk / 27.44; 12th / 100 Bk / 1:00.82; 16th / 200 Bk / 2:21.62; 25th / 50 Fly / 26.96; 23rd / 100 IM / 1:01.95
50-54	GEORGE COXHEAD	10TH / 100 Fr / 53.17; 9th / 200 Br / 2:30.51 13th / 50 Fly / 27.03; 16th / 100 Fly / 1:00.99; 12th / 100 IM / 1:02.48; 8th / 200 IM / 2:16.82
	ROBERT SCHMITZ	6th / 50 Br / 30.19; 7th / 100 Br / 1:07.68; 6th / 200 Br / 2:27.55; 18th / 50 Fly / 27.71; 14th / 100 IM / 1:02.96
70-74	CLARKE MITCHELL	1st / 50 Bk / 32.54 ; 2nd / 100 Bk / 1:15.07; 3rd / 200 Bk / 2:46.70; 2nd / 50 Fly / 31.44; 2nd / 100 Fly / 1:16.91
	DICK WEBBER	2nd / 50 Fr / 29.07; 5th / 100 Fr / 1:10.28; 5th / 200 Fr / 2:47.05; 3rd / 50 Fly / 34.37; 6th / 100 IM / 1:23.77; 7th / 200 IM / 3:24.25
WOMEN		
30-34	HEATHER HAGEMAN	2nd / 50 Fr / 24.71; 6th / 100 Fr / 54.90; 4th / 50 Bk / 29.37; 4th / 50 Fly / 27.92
40-44	KIM STOTT	20th / 100 Bk / 1:15.29; 14th / 200 Bk / 2:41.22
50-54	MARY SANSBURY	11th / 50 Br / 39.92; 12th / 100 Br / 1:28.40; 8th / 200 Br / 3:09.33; 15th / 100 IM / 1:18.81; 7th / 200 IM / 2:50.00; 7th / 400 IM / 6:09.62
65-69	SUZANNE ROBBINS- BONITZ	9th / 50 Fr / 41.28; 2nd / 50 Bk / 43.85; 2nd / 100 Bk / 1:40.75; 3rd / 200 Bk / 3:42.55; 4th / 50 Br / 52.36; 5th / 100 Br / 1:58.86

RELAYS

PLACE / TIME / TEAM

MEN

25+ 200 Yard Medley	10TH / 1:41.89 / Lehman, Zoltners, Desorbo, Farrell
45+ 200 Yard Freestyle	10TH / 1:36.10 / Coxhead, Marsom, Dimsdale, Schmitz
45+ 200 Yard Medley	3RD / 1:44.30 / Marsom, Dimsdale, Klein, Schmitz

MIXED

25+ 200 Yard Medley	30TH / 1:57.14 / Lehman, Stott, Hageman, Davis
45+ 200 Yard Medley	25TH / 2:09.73 / Robbins-Bonitz, Dimsdale, Klein, Sansbury

UPCOMING 2003 MASTERS SWIMMING EVENTS

DATE	EVENT	LOCATION	POINT OF CONTACT
2003			
Jun	28, 29 Dixie Zone & South Carolina LCM Championships	Greenville, SC	Roy Desslock, 864.220.0209 TGcoach@aol.com
Jul	19 Dixie Zone Open Water Championships	Carter's Lake; Ellijay & Carter, GA	Marty Hamburger, 770.457.7946 (x15) dynamomasters@aol.com
	26 Raleigh Area Masters LCM Invitational Meet	Optimist Pool, Raleigh, NC	Scott Allen; 919.605.0052 meetdirector03@yahoo.com
Aug	14-17 USMS National LCM Championships	Rutgers NJ	Edward Nessel, 908-561-5339, ednessel@aol.com
	16 2&5 Mile Open Water Swim	Wrightsville Beach, NC	Alton Boshoff; 919.233.3861 altonboshoff@mindspring.com

USMS CHAMPIONSHIPS

DATE	EVENT	LOCATION	POINT OF CONTACT
5/15/2003-9/30/2003	2003 USMS 5K/10K Postal Championships	Your Pool	Mel Goldstein, 317-253-8289, goldstein@mindspring.com
7/27/2003	2003 USMS 5K Open Water Championships	Elk Lake, Bend, OR	Pam Himstreet, 541-385-7770, himstreet@bendcable.com
8/3/2003	2003 USMS 10K Open Water Championships	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 Championships	Your Pool	Doug Garcia, 509-332-1621(h), douggarcia@usms.org

LMSC - NC Officers and Staff

<i>Chairman</i>	<i>Vice-Chairman</i>	<i>Past Chairman</i>	<i>Acting Secretary</i>	<i>Treasurer</i>
Fritz Lehman, RAM 439 Pebble Creek Dr. Cary, NC 27511 (919) 481-9767 NCchairman@usms.org	Clarke (Mitch) Mitchell, WNCY Box 19768 Asheville, NC 28805 (828) 299-1410 NCswimrcem@juno.com	Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 jerryclark@bellsouth.net	Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 Secretary@ncmasters.org	Jerry Clark, CSM 3107 Cloverfield Rd. Charlotte, NC 28211 (704) 374-1807 treasurer@ncmasters.org
<i>Registrar / Webmaster</i> George Simon, RAM 10229 Boxelder Drive Raleigh, NC 27613 (919) 846-2423 NCregistrat@usms.org	<i>Top Ten Chairperson</i> Ceil Blackwell, RAM 4305 John Rencher Wynd Raleigh, NC 27612 (919) 787-8324 ceilb@aol.com	<i>Newsletter Editor</i> Jim Enyart, SAC 2840 Marsh Point Rd Southport, NC 28461 (910) 253-3333 NCEditor@usms.org	<i>Records</i> Fritz Lehman, RAM 439 Pebble Creek Dr. Cary, NC 27511 (919) 481-9767 fritzlehman@nc.rr.com	

4th Annual "Inlet to Inlet" Open Water Swim



Wrightsville Beach, NC

Saturday, August 16, 2003

5-Mile & 2-Mile Ocean Races

<p>Race Course: The course runs the length of Wrightsville Beach, from Mason's Inlet at the north end of the island to Masonboro Inlet at the south. Participants will swim parallel to the beach.</p>	<p>Come Swim Inlet to Inlet at the Beach.</p>
<p>Escorts: XMEN will provide several escort kayaks, but swimmers may bring their own escort (in a non-motorized craft).</p>	
<p>Divisions: Swimmers must be 19 or older and will compete in regular U.S. Masters Swimming (USMS) sanctioned age and sex divisions.</p>	
<p>Awards: Prizes will be awarded to the top three male and female finishers in the 5-mile and 2-mile race.</p>	
<p>Entry Fee: \$30.00. Includes T-shirt, race cap, goody bag, and post-race refreshments. There is a separate \$16.00 fee for participants 19 years or older who are not registered USMS swimmers.</p>	
<p>Entry Deadline: August 1, 2003.</p>	



Surfrider Foundation[®]

Come Swim for a Good Cause

Once again, proceeds from the swim will go to the Surfrider Foundation.

Surfrider is a non-profit environmental organization dedicated to the protection and enjoyment of the world's oceans, waves, and beaches for all people, through conservation, activism, research, and education.

The Cape Fear Chapter of Surfrider works extensively in the Wrightsville Beach community. Members sponsor a "beachology" program in local schools, organize monthly beach sweeps, conduct a beachscape coastal mapping program, stencil storm drains, and install beach improvements, such as the public shower at the north end of the island.

For more information about the Surfrider Foundation, visit www.surfrider.org.

For More Information on the XMEN 2003 Open Water Swim

Visit: www.xmenswimming.com, Email: altonboshoff@mindspring.com, Call: (919) 233-3861, or Fax: (919) 233-8909

RALEIGH AREA MASTERS INVITATIONAL
LONG COURSE METERS MEET – SATURDAY, JULY 26, 2003

Sponsored by: Raleigh Area Masters

Sanction by: LMSC for NC, for USMS, Inc. Sanction No. NC 133-04

Pool: Optimist Park, 5900 Whittier Drive, Raleigh, N.C 27609. The pool is 50 meters by 25 yards. Non-turbulent lane lines and electronic timing system will be used. Continuous warm-up area will be available in the adjoining diving well. Shade tents will be provided in certain locations of the pool area. However, shaded space might be limited, so personal shading equipment is encouraged.

Rules: Swimmers must be registered with U.S. Masters Swimming (USMS). A photocopy of your current registration must be attached to your entry. USMS Registration and single event memberships will be available day of the meet. The 2003 USMS rules shall prevail. Each swimmer will be limited to five [5] individual events plus relays. **REMEMBER. AGE IS AS OF 31 DECEMBER, 2003.**

Fees: Entry fees are set at \$30.00 - this covers race fees, electronic timing, and pool rental. **Individual Event Fees must accompany entries and are non-refundable.** A late entry fee charge of \$5.00 is due with all entries received after the entry deadline. **Make checks payable to Raleigh Area Masters .** Relays are free of charge

Deadline: Entry deadline is July 12th, 2003.

Awards: Award ribbons will be given for 1st - 8th place in each age group in each event

Scoring: Scoring will be 9-7-6-5-4-3-2-1 for individual events and 18-14-12-10-8-6-4-2 for relays.

Seeding: NOTE: ALL HEATS WILL BE MIXED SEX AND SWUM SLOWEST TO FASTEST

Events: Warm-up begins at 7:30 a.m. Heats for the 400 begin at 8:30 a.m. with final check-in / entry at 8:15 a.m. Meet management reserves the right to re-deck seed based upon participation. Warm-up will be continuously available in the diving well adjacent to the pool. Deck entries for all events will be accepted, but prior entry is preferred and given preference.

Information: Scott Allen (h) 919-605-0052 (fax) 919-483-6053 (*please notify by phone or e-mail if you fax an entry*)

Entries: Send entries to: LCM Meet Director: PO Box 19845, Raleigh, NC 27619

E-mail: meetdirector03@yahoo.com

Web Page: <http://www.ncmasters.org/ram.html>

Entry Form – RAM LCM INVITATIONAL-SATURDAY 26th JULY, 2003, 133-04

Male / Female (Circle One)

USMS# _____ - _____

Name

DOB: ____ / ____ / ____
Mo Day Year

Age on _____
Dec 31, 2003 _____ Club

Phone: (____) _____ - _____

Circle event number and enter time in the space provided. Enter NT of No Time
SATURDAY, 7/26/2003 Optimist Pool– Raleigh, NC
--- Warm Up 7:30 am --- --- Final 400 Check In - 8:15 am ---

event	---Start 8:30 am---	Time
1	400 FREESTYLE	
2	200 IM	
3	200 OPEN FREE RELAY	
	BREAK	
4	200 BREASTSTROKE	
5	100 FREESTYLE	
6	50 BACKSTROKE	
	BREAK	
7	200 BUTTERFLY	
8	100 BACKSTROKE	
9	50 FREESTYLE	
	BREAK	
10	400 IM	
11	4 x 100 OPEN FREE RELAY	
	BREAK	
12	50 BREASTSTROKE	
13	100 BUTTERFLY	
14	200 BACKSTROKE	
	BREAK	
15	50 BUTTERFLY	
16	100 BREASTSTROKE	
17	200 FREESTYLE	
18	200 OPEN MEDLEY RELAY	
	BREAK	
19	1500 FREESTYLE	

Checks to: Raleigh Area Masters

Mail to: LCM Meet Director
PO Box 19845
Raleigh, NC 27619

No of events _____
Meet entry fee = \$30.00
Mailed Meet Results (\$5.00) = _____
Total = _____

Official Use Only

-Signature on form is required
-Swimmers may be asked to show their USMS card if requested at meet
All Swimmers are required to send a photo-copy of their current USMS card with the

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 MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Print Full Name of Participant: _____

Signature: _____ Date: _____

Street Address: _____

City: _____ State: _____ Zip: _____